



EatingWell Healthy Cabbage Recipes

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Sweet & Sour Beef-Cabbage Soup

Makes: 6 servings, about 1¾ cups each

Active time: 30 minutes **Total:** 30 minutes

✓ Heart Health ✓ Diabetes ✓ Weight Loss ✓ Gluten Free

This wholesome sweet-and-sour soup combines beef, caraway seeds, sweet paprika and cabbage—ingredients that star in a number of German dishes. It is particularly nice served with crusty rye bread. For an even heartier soup, add diced cooked potatoes along with the cabbage. *(Recipe by Nancy Baggett for EatingWell.)*

- 1 tablespoon canola oil
- 1 pound lean (90% or leaner) ground beef
- 1½ teaspoons caraway seeds
- 1 teaspoon dried thyme
- 2½ cups frozen bell pepper and onion mix, thawed, chopped
- 1 medium Golden Delicious or other sweet-tart cooking apple, unpeeled, diced
- 6 cups reduced-sodium beef broth
- 1 15-ounce can crushed or diced tomatoes
- 1½ tablespoons honey
- 1 tablespoon paprika, preferably Hungarian sweet
- 3 cups coarsely chopped Savoy or green cabbage
- 1-2 tablespoons cider vinegar
- ¼ teaspoon salt
- Freshly ground pepper to taste

1. Heat oil in a Dutch oven over medium heat. Add beef, caraway seeds and thyme and cook, stirring and breaking up the beef with a spoon, until it is mostly browned, about 4 minutes. Stir in pepper-onion mix and apple; cook, stirring, for 2 to 3 minutes more.

2. Stir in broth, tomatoes, honey and paprika and adjust the heat so the mixture boils gently. Cook for 8 to 10 minutes to blend the flavors. Stir in cabbage and cook just until barely tender, 3 to 4 minutes more. Season with vinegar to taste, salt and pepper.

Per serving: 250 calories; 10 g fat (3 g sat, 5 g mono); 54 mg cholesterol; 20 g carbohydrate; 4 g added sugars; 20 g protein; 4 g fiber; 705 mg sodium; 717 mg potassium.

Nutrition bonus: Vitamin C (45% daily value), Vitamin A (30% dv), Iron & Potassium (20% dv).

Carbohydrate servings: 1

Exchanges: 2½ vegetable, 2 lean meat, ½ fat

Black Bean & Salmon Tostadas

Makes: 4 servings, 2 tostadas each

Active time: 25 minutes **Total:** 25 minutes

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Pickled jalapeños, cilantro and avocado perk up convenient canned salmon for a quick tostada topping. Skip store-bought and make your own crispy shells in the oven. Serve with brown rice cooked with diced tomatoes and onions or salsa.

8 6-inch corn tortillas

Canola oil cooking spray

1 6- to 7-ounce can boneless, skinless wild Alaskan salmon, drained

1 avocado, diced

2 tablespoons minced pickled jalapeños, plus 2 tablespoons pickling juice from the jar, divided

2 cups coleslaw mix (see *Tip*) or shredded cabbage

2 tablespoons chopped cilantro

1 15-ounce can black beans, rinsed

3 tablespoons reduced-fat sour cream

2 tablespoons prepared salsa

2 scallions, chopped

Lime wedges (optional)

1. Position racks in upper and lower thirds of the oven; preheat to 375°F.

2. Coat tortillas on both sides with cooking spray. Place on 2 baking sheets. Bake, turning once, until light brown, 12 to 14 minutes.

3. Combine salmon, avocado and jalapeños in a bowl. Combine cabbage, cilantro and the pickling juice in another bowl. Process black beans, sour cream, salsa and scallions in a food processor until smooth. Transfer to a microwave-safe bowl. Cover and microwave on High until hot, about 2 minutes.

4. To assemble tostadas, spread each tortilla with some bean mixture and some salmon mixture and top with the cabbage salad. Serve with lime wedges, if desired.

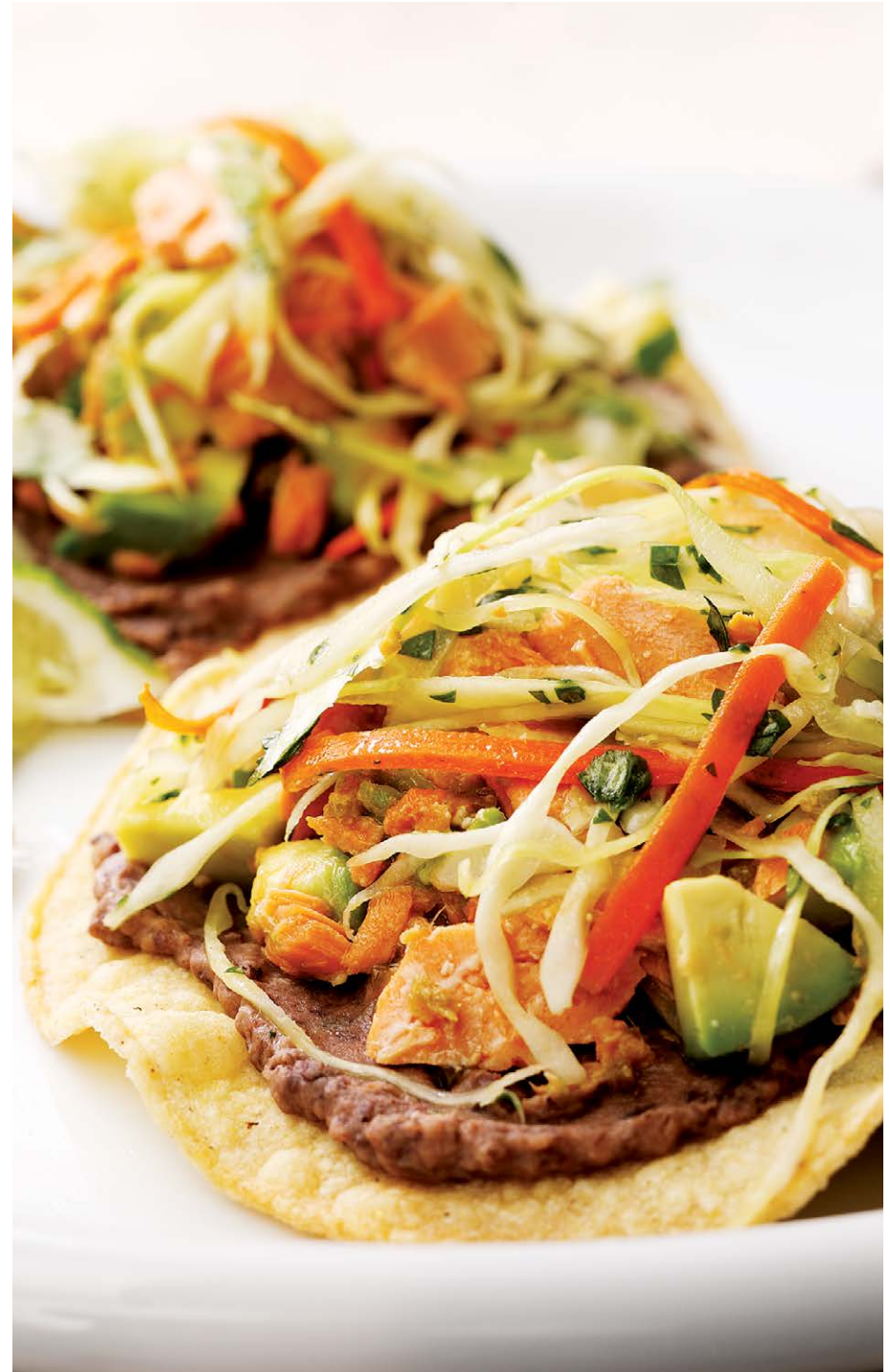
Per serving: 319 calories; 11 g fat (2 g sat, 6 g mono); 16 mg cholesterol; 43 g carbohydrate; 0 g added sugars; 16 g protein; 12 g fiber; 352 mg sodium; 670 mg potassium.

Nutrition bonus: Vitamin C (60% daily value), Folate (27% dv), Potassium (19% dv), Iron (18% dv), omega-3s.

Carbohydrate servings: 2

Exchanges: 2 starch, 1½ lean meat, 1½ fat

Tip: Look for convenient preshredded cabbage-and-carrot “coleslaw mix” near other prepared vegetables in the produce section of the supermarket.





Steak Bun

Makes: 6 servings, about 1½ cups each

Active time: 35 minutes **Total:** 35 minutes

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“Bun” is a Vietnamese noodle dish typically made with cold rice noodles, lots of crunchy vegetables and thinly sliced beef or pork all tossed in a sweet and tangy sauce. It’s perfect for a hot summer night. Serve with sliced mango and iced mint green tea.

- 1 tablespoon canola oil
- 1 pound sirloin steak *or* strip steak (1-1¼ inches thick), trimmed
- 6 ounces wide rice noodles
- ½ cup rice vinegar
- 2 tablespoons fish sauce (*see Tip*)
- 2 tablespoons sugar, or to taste
- 4 cups shredded napa cabbage
- 1½ cups shredded carrot
- 1 cup thinly sliced radishes
- 1 cup slivered fresh basil *and/or* mint
- ½ cup finely chopped unsalted roasted peanuts

1. Heat oil in a large skillet, preferably cast-iron, over medium-high heat until shimmering. Reduce heat to medium, add steak and cook, turning once, 3 to 5 minutes per side for medium-rare. Let rest on a clean cutting board for 5 minutes.

2. Meanwhile, bring a large pot of water to a boil. Cook rice noodles until just tender, 6 to 8 minutes or according to the package directions. Drain the noodles and rinse under cold water.

3. Whisk vinegar, fish sauce and sugar to taste in a large bowl until the sugar is dissolved. Slice the steak into thin matchsticks. Add the steak and any accumulated juice to the bowl along with the noodles, cabbage, carrot, radishes, basil and/or mint and peanuts; toss to combine. Serve immediately.

Per serving: 344 calories; 12 g fat (2 g sat, 6 g mono); 28 mg cholesterol; 40 g carbohydrate; 4 g added sugars; 21 g protein; 3 g fiber; 751 mg sodium; 544 mg potassium.

Nutrition bonus: Vitamin A (109% daily value), Zinc (24% dv), Vitamin C (23% dv), Folate & Potassium (16% dv).

Carbohydrate servings: 2½

Exchanges: 1½ starch, 2 vegetable, 2 lean meat, 1½ fat

Tip: Fish sauce is a pungent Southeast Asian condiment made from salted, fermented fish. Find it in the Asian-food section of large supermarkets and in Asian specialty markets. We use Thai Kitchen fish sauce, lower in sodium than other brands (1,190 mg per tablespoon), in our recipe testing and nutritional analyses.

Mediterranean Couscous Cabbage Rolls

Makes: 4 servings, 2 rolls & ½ cup sauce each

Active time: 40 minutes **Total:** 40 minutes

To make ahead: Prepare through Step 5; cool sauce; refrigerate sauce and cabbage rolls separately for up to 8 hours. Reheat the sauce before finishing with Step 6.

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We love the subtle flavor of cinnamon with fresh mint in these vegetarian cabbage rolls stuffed with couscous, olives and feta cheese. Don't worry if your cabbage leaves tear a little when you pull them off the head; they will wrap up just fine. As a precaution you can cook a couple extra leaves and roll two partly overlapping if needed. Serve with roasted butternut squash tossed with olive oil, cinnamon and garlic. To double this recipe, use 2 large skillet and prepare one 4-serving recipe in each.

- 4¼ cups water, divided
- 8 large Savoy or green cabbage leaves
- ¾ teaspoon salt, divided
- 1 cup whole-wheat couscous
- 2 tablespoons extra-virgin olive oil
- 4 cloves garlic, minced
- 4 cups chopped plum tomatoes
- 2 teaspoons red-wine vinegar
- 1 teaspoon sugar
- ¼ teaspoon ground cinnamon
- ⅓ cup crumbled feta cheese
- 3 tablespoons chopped Kalamata olives
- 2 tablespoons chopped fresh mint, plus more for garnish

1. Bring 2 ½ cups water to a boil in a large skillet. Add cabbage leaves, cover, reduce heat to medium-high and simmer until softened, about 5 minutes.

2. Bring 1 ½ cups water and ¼ teaspoon salt to a boil in a small saucepan. Stir in couscous, cover and remove from the heat. Let stand for at least 5 minutes.

3. Transfer the cabbage leaves to a clean work surface to cool. Discard the water and dry the pan.

4. Heat oil in the skillet over medium heat. Add garlic and cook, stirring often, until fragrant, about 30 seconds. Add tomatoes, vinegar, sugar, cinnamon, the remaining ½ teaspoon salt and the remaining ¼ cup water. Cover and cook, stirring occasionally, until the tomatoes are mostly broken down, 8 to 10 minutes.

5. Meanwhile stir feta, olives and 2 tablespoons mint into the couscous. Mound about ½ cup of the couscous mixture at the stem end of each cabbage leaf. Roll into a bundle, tucking in the sides.

6. When the tomato sauce is ready, add the cabbage rolls seam-side down. Cover and cook until the rolls are hot all the way through and the cabbage is very tender, 5 to 8 minutes. Serve the cabbage rolls topped with the sauce. Garnish with mint, if desired.

Per serving: 334 calories; 12 g fat (3 g sat, 7 g mono); 11 mg cholesterol; 49 g carbohydrate; 1 g added sugars; 11 g protein; 9 g fiber; 710 mg sodium; 498 mg potassium.

Nutrition bonus: Vitamin C (52% daily value), Vitamin A (37% dv).

Carbohydrate servings: 2½

Exchanges: 2½ starch, 1 vegetable, 2 fat





Red Potato Colcannon

Makes: 4 servings, about 1 cup each

Active time: 30 minutes **Total:** 30 minutes

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There are countless variations on this classic Irish potato-and-cabbage combination—ours is made with steamed red potatoes, sautéed cabbage and just a touch of butter.

1 pound small red potatoes, scrubbed and cut in half

1 tablespoon butter

½ cup thinly sliced onion

6 cups thinly sliced green cabbage (about ½ head)

1 cup low-fat milk

1 teaspoon salt

¼ teaspoon white pepper

1. Bring 1 inch of water to a boil in a Dutch oven. Place potatoes in a steamer basket and steam, covered, until just cooked through, about 15 minutes. Transfer to a large bowl and cover to keep warm.

2. Meanwhile, heat butter in a large nonstick skillet over medium heat. Add onion and cook until translucent, about 2 minutes. Add cabbage and continue cooking, stirring occasionally, until the cabbage begins to brown, about 5 minutes.

3. Reduce heat to low. Stir in milk, salt and white pepper; cover and cook until the cabbage is tender, about 8 minutes. Add the cabbage mixture to the potatoes. Mash with a potato masher or a large fork to desired consistency.

Per serving: 182 calories; 4 g fat (2 g sat, 0 g mono); 11 mg cholesterol; 31 g carbohydrate; 0 g added sugars; 6 g protein; 5 g fiber; 652 mg sodium; 842 mg potassium.

Nutrition bonus: Vitamin C (150% daily value), Potassium (24% dv), Calcium (15% dv)

Tuscan Cabbage & Mushrooms

Makes: 4 servings, about 1 cup each

Active time: 45 minutes **Total:** 45 minutes

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Savoy cabbage, shiitake mushrooms and leeks are braised together in this earthy Italian side dish.

- 2 medium leeks, white and light green parts only**
- 3 teaspoons butter, divided**
- 1 ounce finely cubed pancetta or bacon**
- ¼ teaspoon salt, divided**
- ¼ teaspoon freshly ground pepper, divided**
- ½ cup reduced-sodium chicken broth or water, divided, plus more as needed**
- 6 cups thinly sliced Savoy cabbage**
- 8 ounces shiitake mushrooms, stems removed**

1. Cut leeks in half lengthwise; rinse thoroughly under water. Cut crosswise into thin slices, place in a colander and rinse again.

2. Heat 2 teaspoons butter in a 12-inch cast-iron skillet over low heat, add pancetta (or bacon) and cook, stirring, until almost crisp. Transfer to a paper towel-lined plate with a slotted spoon.

3. Add the remaining 1 teaspoon butter and the leeks to the pan. Season with ⅛ teaspoon each salt and pepper and add ¼ cup broth (or water); simmer, covered, until tender, about 5 minutes.

4. Add cabbage and the remaining ¼ cup broth (or water); season with the remaining ⅛ teaspoon each salt and pepper. Cover and simmer until tender, about 15 minutes. (Check the cabbage after 5 minutes; if necessary, add more broth or water, a tablespoon at a time, to prevent scorching.) Stir in mushrooms; cover and continue simmering until the vegetables are tender, 5 to 7 minutes more. Serve sprinkled with the reserved pancetta (or bacon).

Per serving: 154 calories; 6 g fat (3 g sat, 1 g mono); 16 mg cholesterol; 21 g carbohydrate; 0 g added sugars; 7 g protein; 5 g fiber; 376 mg sodium; 430 mg potassium.

Nutrition bonus: Vitamin C (60% daily value), Vitamin A (40% dv), Folate (31% dv).

Carbohydrate servings: 1

Exchanges: 3 vegetable, 1 fat





Warm Red Cabbage Salad

Makes: 6 servings, generous $\frac{3}{4}$ cup each

Active time: 20 minutes **Total:** 20 minutes

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In this quick German-inspired side dish, red cabbage is cooked until just tender and combined with sweet apples, caraway and a tangy vinaigrette. Serve with roasted pork loin or turkey kielbasa.

- 1 tablespoon extra-virgin olive oil
- 4 cups thinly sliced red cabbage (about $\frac{1}{4}$ large head)
- $\frac{3}{4}$ teaspoon caraway seeds
- $\frac{1}{2}$ teaspoon salt
- 1 crisp, sweet apple, such as Braeburn or Gala, cut into matchsticks
- 1 shallot, minced
- 1 tablespoon red-wine vinegar
- $\frac{1}{2}$ teaspoon Dijon mustard
- $\frac{1}{2}$ teaspoon freshly ground pepper
- 2 tablespoons chopped walnuts, toasted (see *Tip*)

Heat oil in a large saucepan over medium heat. Add cabbage, caraway seeds and salt. Cook, covered, stirring occasionally, until tender, 8 to 10 minutes. Remove from the heat. Add apple, shallot, vinegar, mustard and pepper and stir until combined. Serve sprinkled with toasted walnuts.

Per serving: 76 calories; 4 g fat (1 g sat, 2 g mono); 0 mg cholesterol; 10 g carbohydrate; 0 g added sugars; 2 g protein; 2 g fiber; 216 mg sodium; 183 mg potassium.

Nutrition bonus: Vitamin C (60% daily value), Vitamin A (15% dv), omega-3s.

Carbohydrate servings: $\frac{1}{2}$

Exchanges: $1\frac{1}{2}$ vegetable, 1 fat

Tip: To toast chopped walnuts, heat a small dry skillet over medium-low heat. Add nuts and cook, stirring, until lightly browned and fragrant, 2 to 3 minutes.

Hot & Sour Slaw

Makes: 4 servings, a generous 1 cup each

Active time: 20 minutes **Total:** 20 minutes

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This slaw, a combination of cabbage, red bell pepper, scallions and bamboo shoots, is tossed with a dressing full of the classic flavors of Chinese hot-and-sour soup. Serve with grilled pork tenderloin.

- 3 tablespoons rice vinegar
- 1 tablespoon reduced-sodium soy sauce
- 1 tablespoon toasted sesame oil
- 1 teaspoon grated fresh ginger
- ¼ teaspoon ground white pepper
- ¼ teaspoon crushed red pepper, or to taste
- 3 cups shredded napa or green cabbage
- 1 cup thinly sliced red bell pepper
- ⅓ cup sliced scallions
- 1 8-ounce can bamboo shoots, drained and thinly sliced

Whisk vinegar, soy sauce, oil, ginger, white pepper and crushed red pepper in a large bowl. Add cabbage, bell pepper, scallions and bamboo shoots; toss to coat.

Per serving: 62 calories; 4 g fat (1 g sat, 1 g mono); 0 mg cholesterol; 6 g carbohydrate; 0 g added sugars; 2 g protein; 2 g fiber; 112 mg sodium; 189 mg potassium.

Nutrition bonus: Vitamin C (85% daily value), Vitamin A (18% dv).

Carbohydrate servings: ½

Exchanges: 1 vegetable, 1 fat



About EatingWell

The EatingWell mission is to provide the inspiration and information people need to make healthy eating a way of life.

- We deliver delicious, simple recipes that meet stringent guidelines for taste, nutrition and dependability, recipes easily replicated by home cooks.
- We report on the latest nutrition and health news, providing the practical, science-based answers consumers are looking for.
- We examine the connections among food, its origins and its impact on communities.
- We encourage people to make informed, mindful decisions about how they eat and to celebrate the joys of food.

EatingWell reaches millions of consumers through the award-winning *EatingWell* Magazine, www.EatingWell.com, EatingWell cookbooks and licensing partners that trust EatingWell to provide healthy recipes, how-to instruction, diet and nutrition articles and custom healthy-eating solutions.

We hope you enjoy our recipes and feel informed and inspired to make healthy eating *your* way of life!

About EatingWell health tags

A recipe checked...



has limited saturated fat.



is low in calories and meets limits for Carbohydrate Servings.



has reduced calories (and limited saturated fat).



does not contain wheat, rye, barley or oats.

(Many processed foods, such as broths, soy sauce and other condiments, may contain hidden sources of gluten. If a recipe calls for a packaged [e.g., canned] ingredient, we recommend that you carefully read the label to make sure you pick a brand that does not contain a hidden source of gluten. Also, please note that while a recipe may be marked “Gluten Free,” the serving suggestions that accompany it may contain gluten.)