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Did you Know...

Ginger has been used in China for medicinal purposes for over 2500 years!

Cabbage is known as one of the most nutritious vegetables.

EAT WELL, AGE WELL. February – Ginger and Cabbage

February is Heart Month. Ginger and cabbage are heart-healthy food options that reduce the risk of developing heart disease. Ginger has emerging heart-healthy attributes including reducing blood pressure, lowering lipid and cholesterol levels, and reducing blood clotting in atherosclerosis. It also has been long used to treat nausea and vomiting.

- Storage: Store in a resealable plastic bag container with air pushed out, in a refrigerator crisper. Can be grated and frozen in an ice cube tray for long-term storage.
- Preparation: Scrap the skin off with the tip of a spoon. Grate or mince as the recipe instructs.

Cabbage is an easy-to-grow vegetable available in many varieties each with a slightly different flavor profile. Cabbage is high in fiber, Vitamin C, Vitamin K, Vitamin A, Vitamin B6, thiamin, folate, potassium, manganese, calcium, and iron. It is also low in saturated fat, cholesterol, and calories making it a heart-healthy option.

- Storage: ***Cabbage can be stored for many months making fresh cabbage available even in the winter months. Store in refrigerator for several weeks and up to 2 months if uncut. Do not wash until ready to use.***
- Preparation: Can be eaten raw, braised, steamed, boiled, fried, or roasted. Be careful to not overcook and release stereotypical cabbage odor.

Cabbage Stir-fry

Ingredients

- 1 Tbsp olive oil
- 3 garlic cloves, minced
- 2 tsp ginger
- Half a head of cabbage
- 4 Tbsp low sodium soy sauce



Image by Jason Goh from Pixabay

Instructions

1. Heat olive oil in a high-sided skillet or wok at medium-high heat.
2. Sauté garlic and ginger for 3 minutes.
3. Add cabbage, 2 Tbsp soy sauce, and other seasonings as desired. Heat over medium heat for 5-7 minutes until the cabbage is softened.
4. Add the remaining 2 Tbsp soy sauce, turn the heat to high and cook for 2-3 more minutes

Notes

- Can be served as a vegetable or over rice as the main dish.
- Substitute olive oil for sesame oil to add a nutty flavor.
- Substitute for Chinese cabbage or red cabbage for other variations.
- Sauté onions, peppers, Bok choy, or mushrooms with cabbage to incorporate additional flavors or sesame seeds to top before serving. Add a choice of protein.
- Recipe adapted from <https://www.the-bella-vita.com/cabbage-stir-fry-recipe/>

Check out more Recipes at: <https://foodhero.org/ginger> and <https://foodhero.org/cabbage>

Did you know ginger is an ancient spice?

Its roots go way back.