

Roasted Cabbage Steaks

INGREDIENTS

- 2 small heads of green cabbage
- 3 tablespoons olive oil
- 2 teaspoons paprika
- 1 teaspoon garlic powder
- 1 teaspoon red pepper flakes
- Salt and pepper, to taste

DIRECTIONS

1. Preheat oven to 400-degreens. Line a baking sheet with parchment.
2. Slice each cabbage into four thick slices, cutting across the cabbage parallel to the to the base of cabbage.
3. Brush cabbage with olive oil, coating thoroughly, and season with paprika, garlic powder, red pepper flakes, salt, and pepper.
4. Bake on prepared baking sheet until the center is tender and the outer leaves have browned, about 25 minutes.



Hearty Cabbage Soup (serves 2)

INGREDIENTS

- 2 slices of bacon, chopped
- 4 ounces ground chicken
- 1 small onion, finely chopped
- 1/2 teaspoon caraway seeds, toasted
- 2 cloves garlic, pressed
- 1/8 teaspoon dried thyme
- 1/4 teaspoon smoked paprika
- 1/4 cup dry white wine
- 1 small head green cabbage, cored and chopped in 3/4-inch pieces (about 3 cups)
- 2 1/2 cups chicken broth
- 8 ounces red potatoes, chopped into 3/4-inch pieces
- Salt and pepper, to taste
- 1/4 cup plain Greek yogurt
- 2 tablespoons fresh dill, minced

DIRECTIONS

1. Cook bacon in a large saucepan over medium-high heat until crispy, about 5 minutes. Remove from pan with a slotted spoon and set aside. Reserve about 1 1/2 tablespoons of fat from pan, add additional oil if needed.
2. Over medium-high heat, add chicken, onion, and caraway seeds. Cook until chicken is no longer pink and onion is soft, breaking chicken up as it cooks, about 5 minutes.
3. Stir in garlic, thyme, and paprika and cook until fragrant, about 30 seconds. Add the wine, scraping up all browned bits from the bottom of the pan.
4. Add the cabbage and broth, bring to a simmer. Reduce heat to medium-low, cover and cook for 15 minutes.
5. Add potatoes and cook until tender, about 15 more minutes. Season with salt and pepper to taste.
6. Serve soup topped with the cooked bacon, yogurt, and fresh dill. Freshly made croutons would be a nice addition too.



Hungarian Cabbage & Noodles

INGREDIENTS

- 6 ounces thick-cut bacon, thinly sliced
- 3-4 tablespoons butter
- 1 large onion, thinly sliced
- 1 small green cabbage, thinly sliced
- 3 cloves garlic, pressed
- 9 ounces wide egg noodles
- 2 teaspoons fresh ground pepper
- 1/2 teaspoon paprika
- Salt and pepper, to taste

DIRECTIONS

1. Cook bacon in a large saucepan over medium-high heat until crispy, about 5 minutes. Remove from pan with a slotted spoon and set aside.
2. Over medium-high heat, add 2 tablespoons butter to the remaining bacon fat in pan. Once melted, turn heat to medium-low and add onion and salt to taste. Cook the onions slowly until they have softened, about 10 minutes.
3. Add the cabbage to the pan, stirring to thoroughly (add in batches, if necessary). Increase heat to medium-high and continue to cook, stirring often, for another 10 minutes until cabbage is softened reduced by half.
4. While the cabbage is cooking, heat a large pot of water to boil and cook egg noodles until al dente. Reserve about a cup of cooking water.
5. When the cabbage is cooked, push to the sides of the pan, add garlic to the pan and cook until fragrant and softened. Add paprika and stir all together. Stir in cooked egg noodles, mix well, adding a few tablespoons of reserved pasta water to scrape and brown bits from the bottom of the pan.
6. Add additional butter and water, as needed if the noodles are too dry. Season with additional salt and pepper, if needed. Serve warm.



Savory Cabbage Pancakes

INGREDIENTS

- 2 extra large eggs
- 1/2 cup water
- 1 1/2 tablespoons soy sauce
- 1 tablespoon toasted sesame oil
- 1 cup flour
- 1 medium cabbage, finely shredded (about 5 cups)
- 1 carrot, grated
- 3 green onions, finely sliced on diagonal
- 2 tablespoons oil, for frying
- 1/4 cup mayonnaise
- 2 tablespoons sriracha
- 1/2 tablespoon sesame seeds
- 2 green onions, finely sliced

DIRECTIONS

1. In a large bowl, whisk together eggs, water, soy sauce, and sesame oil until smooth. Add flour, a bit at a time, until a thick smooth batter is formed, you might not need all the flour.
2. Add the cabbage, carrots, and green onion to the batter. Stir until vegetables are mixed and coated in the mixture.
3. Heat 1/2 tablespoon oil in a nonstick pan over medium heat. Once hot, add about 3/4 cup of the cabbage-batter mixture, pressing down into the pan to form a 6-inch pancake. Cover the skillet with a lid to allow the steam to soften the vegetables.
4. Cook until golden brown on the bottom, about 4 minutes, and then carefully flip over and cook until the other side is also golden brown. Place on a plate and cover with foil to keep warm until serving.
5. Add additional oil, as needed, to cook the remaining pancakes. Serve with sriracha-mayo sauce, sesame seeds, and green onions.
6. Prepare sauce in a small bowl, whisking together mayonnaise and sriracha.



Korean Flavored Coleslaw

INGREDIENTS

- 1 bag coleslaw mix
- 1 cup finely sliced red cabbage
- 1 small onion, thinly sliced
- 5 scallions, finely sliced
- 2 cloves garlic, pressed
- 2 tablespoons soy sauce
- 2 tablespoons rice vinegar
- 2 tablespoons sugar
- 2 tablespoons gochugaru Korean red pepper flakes
- 1 tablespoon sesame oil
- 1 tablespoon sesame seeds
- Salt, to taste

DIRECTIONS

1. Combine cabbage, carrot, onion, and scallions in a large bowl.
2. In a medium bowl, whisk together garlic, soy sauce, vinegar, sugar, pepper flakes, sugar, sesame oil, and sesame seeds.
3. Pour dressing over the vegetables and toss to combine. Chill for an hour or so before serving.



Mandarin Orange & Cabbage Salad

INGREDIENTS

DRESSING

- 1/4 cup peanut butter
- 3 tablespoons rice vinegar
- 1 tablespoon sesame oil
- 2 teaspoons sriracha sauce
- Salt and pepper, to taste
- 3 tablespoons soy sauce
- 1/2 tablespoon honey
- 2 tablespoons fresh lime juice
- 1 tablespoon fresh ginger, minced
- 2 cloves garlic, pressed

SALAD

- 1 small green cabbage, shredded
- 2 cups shredded red cabbage
- 2 large carrots shredded
- 1 medium bell pepper, sliced
- 2 green onions, greens only
- 1/4 cup cilantro, chopped
- Salt and pepper, to taste
- 1/4 cup roasted peanuts, chopped
- 2 tablespoons sesame seeds
- 10 ounces mandarin oranges, drained

DIRECTIONS

1. In a microwave-safe glass measuring cup, mix together peanut butter, vinegar, sesame oil, and sriracha. Season with salt and pepper to taste, and microwave for 15-30 seconds until peanut butter has melted. Add in remaining dressing ingredients, stirring well. Microwave for another 15-30 seconds, until everything dissolved and is fragrant.
2. Prepare the salad in a large bowl. Toss together the green cabbage, red cabbage, carrots, bell pepper, green onions, and fresh cilantro. Season with salt and pepper to taste, and drizzle with warmed dressed. Toss to coat.
3. Top dressed salad with peanuts, sesame seeds, and mandarin oranges.



Pressure Cooker Cabbage

INGREDIENTS

- 2 tablespoons oil
- 1 onion, diced
- 1 tablespoon dried oregano
- 1/2 teaspoon dried thyme
- 1/2 teaspoon garlic powder
- 1 cup vegetable or chicken broth
- 2 tablespoon butter
- 1 medium head of cabbage, roughly chopped
- Pinch of cayenne pepper flakes
- Salt and pepper, to taste

DIRECTIONS

1. In an electronic pressure cooker, using the saute setting, saute onions in oil until light brown spots appear. Stir in oregano, thyme and garlic powder, sautéing until fragrant. Add a couple tablespoons of the broth and scrape up any browned bits from the bottom of the pot.
2. Add remaining broth, butter, cabbage, pepper flakes, salt, and pepper to the pot season. Give a quick stir and place lid on electronic pressure cooker.
3. Cook for 3 minutes (cook for 5-6 minutes for more tender cabbage) at high pressure and allow for natural release.
4. Adjust seasonings once cooked, as needed.



Egg Roll in a Bowl

INGREDIENTS

- 1 tablespoon oil
- 2 medium carrots, peeled and chopped or grated
- 1 small onion, finely chopped
- 1/4 ounce shiitake mushrooms, finely chopped
- 4 cloves of garlic, minced
- 1 tablespoon minced ginger
- 1 pound ground pork
- 1 small nappa cabbage, thinly sliced (about 3-4 cups)
- 2 tablespoons soy sauce
- 2 teaspoons recipe vinegar
- 1 teaspoon fish sauce
- 2 teaspoons sesame oil
- 3 green onions, thinly sliced
- Salt and pepper, to taste

DIRECTIONS

1. In a large skillet, heat oil over medium heat. Add carrots, onion, and mushrooms. Add a sprinkling of salt and saute for 4 minutes until veggies are softened.
2. Add garlic and ginger to pan, cooking for another 30 seconds.
3. Add pork, breaking up meat as it cooks, and increase heat to medium-high. Cook until pork is cooked through and push pork to the sides of the pan, if large enough. If not, remove with a slotted spoon and set aside.
4. Add cabbage to pan and saute for 5 minutes until softened and reduced.
5. Reduce heat to medium-low, return pork to the pan and add soy sauce, vinegar, and fish sauce. Mix thoroughly, cooking for just a couple minutes until all is well mixed.
6. Remove from heat and top with sesame oil and sliced green onions.



Buffalo Chicken Bowl

INGREDIENTS

DRESSING

- 1 cup plain yogurt
- 2 ounces blue cheese, crumbled (1/2 cup)
- 1 lemon, juices (about 3 table-spoons)
- 2 cloves garlic, pressed
- 1/2 teaspoon salt
- 2-3 teaspoons hot sauce

CHICKEN SALAD

- 1 package coleslaw mix, about 10 ounces
- 4 cups cooked chicken, shredded
- 2 medium carrots, shredded (1 cup)
- 4 celery stalks, thinly sliced on the diagonal
- 4 tablespoons crumbled blue cheese

DIRECTIONS

1. Prepare dressing in a small bowl, whisk together all ingredients until combined.
2. In a medium bowl, toss coleslaw mix with half of the dressing to coat. Season with salt and pepper, to taste.
3. In another bowl, toss chicken and carrots with remaining dressing to coat.
4. To serve, place coleslaw mixture in a bowl and add chicken mixture on top. Top bowls with sliced celery and blue cheese.



Turmeric Cabbage Soup

INGREDIENTS

- 1 tablespoon olive oil
- 1 small onion, chopped
- 3 carrots, diced
- 2 stalks celery, diced
- 3 cloves garlic, minced
- 2 tablespoons ginger, peeled and grated
- 1 teaspoon paprika
- 1 teaspoon turmeric
- 1 teaspoon salt
- 2 15-ounce cans chickpeas, rinsed and drained
- 1 large green cabbage, shredded (about 6 cups)
- 1 cup jasmine rice
- 8 cups vegetable broth
- 1 lemon, juiced
- Pinch of red pepper flakes
- Salt and pepper, to taste

DIRECTIONS

1. In a large pot, heat oil over medium-high heat. Add onion, carrots, and celery and cook until onions become tender, about 7 minutes.
2. Add the garlic, ginger, paprika, turmeric, salt to the mixture, cook until fragrant, about 30 seconds.
3. Add the chick peas, cabbage, rice, and broth and bring to a boil. Simmer for about 20-30 minutes until rice is cooked through,
4. Add lemon juice to the soup, taste and adjust seasoning, as needed.
5. Serve with a sprinkle with red pepper flakes, if desired.

