Cabbage Recipes

Coleslaw
Ingredients:
1 head of cabbage
2 carrots
2 celery stalks
1 fennel bulb
1/2 cup parsley
1 1/2 tsp honey
1 1/2 cup apple cider vinegar
2 Tbsp olive oil
salt and pepper to taste

Directions:
In a bowl, combine vinegar, oil, honey, salt, and pepper. Thinly slice the cabbage, fennel, celery, and carrots. Chop the parsley. Pour dressing over cabbage mixture and stir well. If you let it sit for at least an hour, the flavor will intensify.

Cabbage Soup
Ingredients:
3 Tbsp olive oil
1/2 yellow onion, chopped
2 cloves garlic, minced
8 cups low sodium chicken or vegetable broth
1/2 tsp thyme
1/2 head of cabbage, chopped
4 carrots, peeled and chopped
2 stalks of celery, chopped
14.5 oz can of crushed tomatoes
salt and pepper

Directions:
In a large pot, heat olive oil over medium high heat. Add in chopped onion and garlic, cook until translucent. Add in broth, salt, pepper, cabbage, carrots, celery, and tomatoes. Simmer for 30 min. Or until carrots are cooked through.

Cabbage Enchilada
Ingredients:
1 large head of cabbage
1 Tbsp olive oil
1/2 cup white onion, finely chopped
1 tsp onion powder, garlic powder
1/2 tsp ancho chili powder and cumin
1/2 boneless chicken breast, chopped, or pre cooked and shredded
1 4 oz can diced green chiles
1 1/4 cup shredded mozzarella cheese
2 cups enchilada sauce
Additional toppings:
chopped cilantro, diced tomatoes, avocados

Directions:
Cabbage Rolls:
Fill a large pot with hot water and bring to a boil. Remove leaves from the raw head and rinse under cold water. Place a few leaves at a time in the boiling water for about 1 min. remove and lay flat on paper towels. Chicken Filling:
Preheat oven to 375 degrees. In a large pan, heat olive oil over medium heat and cook onions until translucent. Add chicken, green chilies, onion powder, garlic powder, ancho chili powder, cumin. Saute for about 6-8 min, stirring occasionally. Assemble:
Lay cabbage leaves in a baking dish and spoon in the chicken filling. Top with 2 Tbsp of cheese. roll and fold enchiladas up. Steam side down. Pour enchilada sauce over the top and bake uncovered for 25 min.
Garnish how you wish.

Recipe Inspiration: www.isabeleats.com
www.dinnerthendessert.com
www.savoryexperiments.com