

► **Why are they called cruciferous vegetables?**

These vegetables derive their name from their four-petaled flowers, which look like a crucifer or cross.

► **What nutrients do they supply?**

When eaten raw, cabbage provides a considerable amount of vitamin C. Cruciferous vegetables are low in calories. Quick cooking of cabbage is the key to good flavor and high nutritive value. To retain the color of red cabbage, you may add acid such as vinegar, lemon juice or a slice of apple to the cooking water.

► **Why should I eat them?**

In addition to beta carotene and Vitamin C, cruciferous vegetables provide fiber and may help protect against colo-rectal cancer.

► **Are there any other cruciferous vegetables?**

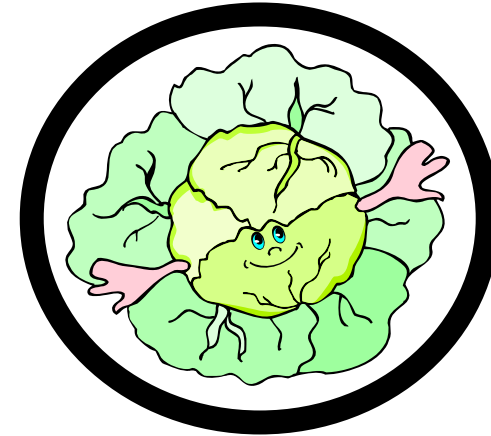
Yes, other vegetables such as: turnip, rutabaga, collards, radishes, mustard greens and watercress are also included in this diverse selection of vegetables. Sauerkraut is a method of preserving cabbage. Rinse sauerkraut to avoid sodium overload.

→ Remember: Eat cruciferous vegetables soon after buying, cook quickly to tender crisp, and don't keep cooked leftovers more than a day.

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The Spotlight is on Cruciferous Vegetables



Featuring the Cabbage Family



**Cooperative Extension
Family Living Programs**

*Wisconsin
Nutrition
Education
Program*

**Barron County UW-Extension
Barron County Courthouse
330 E. LaSalle Avenue, Room 2206
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Cruciferous Vegetables

Choosing and Using

Broccoli



Choose: Compact, firm cluster of flower buds that have not opened.

Store: Broccoli should be stored in the refrigerator in a plastic bag and is best if used within 3-5 days.

Prepare: Wash well and remove tough stems, eat raw or with dip.

Cook: boil or steam for about 9-12 minutes. Do not overcook.

Brussels Sprouts



Choose: Firm, compact, bright green heads. One pound makes 6 servings.

Store: Brussels sprouts should be stored in a plastic bag in the refrigerator and are best if used within a week.

Prepare: Wash well. Cut off stem ends and take off wilted leaves.

Cook: Brussels sprouts are tastiest when steamed or parboiled for 5-10 minutes. Do not overcook.

Cabbage



Choose: Firm, heavy cabbages that are free of yellowing leaves, splits or soft spots.

Store: Cabbages should be stored in the refrigerator, unwashed, and used within 2 weeks.

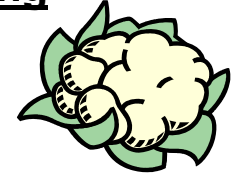
Prepare: Wash well and remove wilted leaves.

Cook: Use an uncovered pan to allow sulfur gasses to escape with just enough water to prevent burning and cook just until tender.

Cabbage should *never* be overcooked.

Cooking and Storing

Cauliflower



Choose: Clean, white, firm heads without spots or bruises. Avoid those with open flower clusters. One head makes 4 servings.

Store: Cauliflower should be stored in the refrigerator in a plastic bag and is best if used within one week.

Prepare: Wash well. Separate into flowerets. Eat raw or with dip.

Cook: Steam or boil for 8-10 minutes.

Kohlrabi

Choose: Small to medium-sized firm roots without blemishes or cracks that are light green to purple.

Store: Kohlrabi should be stored in the refrigerator and is best if used within one week. Kohlrabi can also be stored in a cool cellar.

Prepare: Wash well, trim roots and peel. Kohlrabi can be shredded raw into salads and slaw. Eat raw or with dip.

Cook: Boil or steam for 15-20 minutes until tender.

Kale



Choose: Crisp, dark colored leaves (dark green or purple).

Store: Kale should be stored in the refrigerator and is best if used within 2-3 days.

Prepare: Wash well and remove stringy stalks.

Cook: Kale can be steamed or stir-fried.

Add this to your crockpot recipes . . .

Pork Chop Supper

4 servings

542 calories, 32 grams fat, 31 grams carbohydrate

- 4 or 5 pork chops
- 4 medium potatoes
- 1 can sauerkraut
- salt and pepper



Menu Idea:

Pork Chops
Skim Milk
Peaches

Brown pork chops in frying pan. Place in crockpot. Add potatoes, sliced. Top with sauerkraut. Cook 3-4 hours on high heat or 6-8 hours on low.

Chinese Salad

Makes 6 servings

271 calories, 18 grams fat, 26 grams carbohydrate

- 1 large bunch bok choy or small to medium head cabbage
- 1 package ramen noodles, any flavor
- 2 Tablespoons oil
- 1/4 cup sesame seeds, optional

Dressing:

- 1/2 cup sugar
- 1/4 cup oil
- 1/4 cup vinegar
- 1 Tablespoon soy sauce
- 1 seasoning packet (from ramen noodles)



Menu Idea:

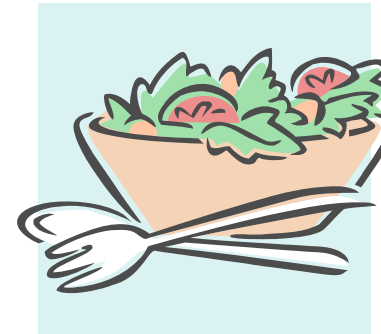
Hamburgers
Chinese Salad
Sliced Tomatoes
Skim Milk

1. Separate stalks of bok choy. Wash and chop into bite-sized pieces. Put into serving bowl. Set aside.
2. Break up ramen noodles into bite-size pieces while still in bag.
3. Heat oil in small fry pan. Stir-fry ramen noodles and sesame seeds until slightly brown. Remove from heat and place in small bowl.
4. To make dressing, combine dressing ingredients and heat in microwave or on top of stove. Boil 1 minute. Remove from heat. Pour into serving container.
5. To eat, toss salad with toppings and dressing or serve each separately.

Cabbage Salad Combinations

Try these pleasing combinations and mix with shredded cabbage and a boiled, French or mayonnaise dressing.

- ___ radish and onion
- ___ green pepper
- ___ carrot and green pepper
- ___ cucumber and green pepper
- ___ carrots
- ___ carrot and celery
- ___ carrot, raisin and ripe olive
- ___ pickled beets
- ___ cucumber and beets
- ___ cucumber pickle and pimienta
- ___ pineapple
- ___ celery and banana
- ___ marshmallow, coconut
- ___ apple, banana, and raisin
- ___ diced ham, and green pepper (in equal amounts)
- ___ onion rings
- ___ banana and cucumber
- ___ banana, celery, and nuts



Linda's Dill Dip

Serving Size: 2 tablespoons

104 calories, 9 grams fat, 7 grams carbohydrate

- 2/3 cup salad dressing or mayo
- 2/3 sour cream (non-fat)
- 1 Tablespoon dried minced onion
- 1 teaspoon onion salt
- 2-3 teaspoon dillweed
- 1/2 teaspoon Worcheshire sauce

Mix all ingredients. Serve with a variety of raw vegetables.