



Super Crunchy Salad

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| ¾ cup pepitas (raw pumpkin seed kernels) | 1 pound Brussels sprouts, trimmed and thinly sliced | 4 green onions, thinly sliced |
| Cooking spray | ½ pound curly kale, stems removed and thinly sliced | 8 strawberries, trimmed and thinly sliced |
| ¼ teaspoon ground cayenne pepper | ½ pound Napa cabbage, thinly sliced | 1 (16-ounce) bottle creamy poppy seed dressing |
| Salt and ground black pepper to taste | 1½ cups dried cranberries | 1 tablespoon orange zest |
| | 1 (15-ounce) can Mandarin oranges, drained | Juice from 1 orange |

Place pepitas in a bowl and **coat** lightly with cooking spray. **Sprinkle** with cayenne pepper, salt and pepper. **Toss** to coat.

Place in a medium skillet over medium-high heat. **Cook** over medium heat, **stirring** often until lightly toasted, about 5 minutes. **Remove** from heat and allow to **cool**. **Combine** Brussels sprouts, kale, cabbage, dried cranberries, Mandarin oranges, green onions, strawberries and toasted pepitas in a large bowl. **Dressing:** **Whisk** together the bottled poppy seed dressing, orange zest, and orange juice in

a small bowl. **Pour** over salad about ½ cup at a time and **toss** until salad and dressing are combined.

Note: Sunflower seed kernels can be substituted for pepitas. Green or red cabbage can be substituted for Napa cabbage.

Yield: 10, 1½ cup servings

Nutritional Analysis: 300 calories, 12 g fat, 2 g saturated fat, 0 mg cholesterol, 430 mg sodium, 43 g carbohydrate, 5 g fiber, 33 g sugar, 6 g protein.

Kentucky Cabbage

SEASON: June to July and September to November

NUTRITION FACTS: Cabbage is low in fat and calories and is rich in vitamin A.

SELECTION: Leaves should be crisp and free of insects and decay. Avoid burst heads. Choose firm cabbages that are heavy for their size.

STORAGE: Cover loosely and store in refrigerator for up to 2 weeks. Wash just before using.

PREPARATION: Discard outer leaves and core.

To boil: Do not use aluminum pan. Cut cabbage

into quarters and boil in water for 10 to 15 minutes, until tender. Drain and serve hot.

To steam: Place cabbage (shredded, wedges or whole leaves) into a steamer basket. Cook 12 to 15 minutes, until tender. To bring out the natural flavor, add apples, pears, raisins, curry, caraway, dill or onions.

To stir-fry: Shred cabbage and place in a skillet that has been sprayed with cooking spray or oil. Cook quickly over high heat, stirring constantly.

KENTUCKY CABBAGE

Kentucky Proud Project

County Extension Agents for Family and Consumer Sciences

University of Kentucky, Dietetics and Human Nutrition students

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Source: www.fruitsandveggiesmatter.gov

Buying Kentucky Proud is easy. Look for the label at your grocery store, farmers market, or roadside stand.

<http://plateitup.ca.uky.edu>



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