



Cabbage Noodle Casserole

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| 5 strips turkey bacon | 1 teaspoon salt | 3 cups whole grain egg noodles, cooked |
| 1 tablespoon vegetable oil | ½ teaspoon pepper | 1 cup reduced-fat sour cream |
| 2 teaspoons sugar | 6 cups cabbage, chopped into 1 inch pieces | 1 teaspoon paprika |

1. In a large skillet, **cook** bacon until crisp. **Remove** and set aside.
2. **Add** oil, sugar, salt and pepper to the skillet with the bacon drippings. **Add** chopped cabbage and stir until coated. **Cover** and **cook** 7-10 minutes.
3. **Crumble** bacon and **add** to cabbage. **Stir** in noodles.
4. **Spoon** into a greased 2-quart casserole dish; **cover** and bake at 325° F for 30 minutes.
5. **Remove** from oven. **Spread** sour cream over the top and **sprinkle** with paprika.
6. **Bake** 5 minutes.

Yield: 6, 1 cup servings.

Nutritional Analysis: 260 calories, 12 g fat, 4.5 g sat. fat, 40 mg cholesterol, 720 mg sodium, 30 g carbohydrate, 5 g fiber, 10 g protein.

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



Kentucky Cabbage

SEASON: June through July and September through 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 for 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.

CABBAGE

Kentucky Proud Project

County Extension Agents for Family and Consumer Sciences

University of Kentucky, Nutrition and Food Science students

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