



# Taste Test: Red Cabbage

The **red cabbage** is a kind of **cabbage**, also known as **purple cabbage**, **red kraut**, or **blue kraut** after preparation. Its leaves are coloured dark red/purple. However, the plant changes its colour according to the **pH value** of the soil. In acidic soils, the leaves grow more reddish, in neutral soils they will grow more purple, while an alkaline soil will produce rather greenish-yellow coloured cabbages.

On cooking, red cabbage will normally turn blue. To retain the red colour it is necessary to add vinegar or acidic fruit to the pot.

## Food Fact

Red cabbage contains excellent levels vitamin A, vitamin C, vitamin K, vitamin B6 and manganese.



125 mL, ½ cup of cabbage is equal to **1 serving of vegetables from Eating Well with Canada's Food Guide.**

## Quick Red Cabbage with Cranberries, Almonds & Goat's Cheese

### Ingredients:

- 2 tablespoons almond flakes or slivers
- 1½ tablespoons olive oil
- ½ red onion, thinly sliced
- ½ head of red cabbage, quartered and thinly shredded
- 1 large clove garlic, finely diced
- 2-3 tablespoons dried cranberries
- ½ teaspoon sea salt
- 1 teaspoon cumin seeds or powder
- 2 tablespoons apple cider vinegar
- 1 teaspoon honey
- 1 teaspoon sesame oil (optional)
- 25 g soft goat's cheese or goat's feta
- 4-5 mint leaves, sliced or torn



### Instructions:

1. Heat a large frying pan over high heat. Add the almond flakes and cook for 2 minutes, stirring frequently to prevent burning. Remove and transfer to a bowl.
2. Add olive oil and onions to the frying pan and bring the heat to medium-high. Cook for about 2 minutes, stirring a couple of times. Then add the cabbage, garlic and cranberries. Season with salt, cumin seed and drizzle with apple cider vinegar. Cook for 3 minutes, stirring a few times; then drizzle the honey and sesame oil and cook for a further 5 minutes. Stir a few times. Stir in half of the almonds right at the end.
3. Transfer to a plate and top with goat's cheese, the remaining almonds and mint. Serve with your favourite protein or as is.

## I TRIED IT!

My Rating (circle one):



Would you like to try Red Cabbage again?

- YES  
 NO

### NOTE:

Eating Well with Canada's Food Guide recommends: **5 servings** of vegetables and fruit per day for children between the ages of 4-8 years and **6 servings** of vegetables and fruit per day for children between the ages 9-13 years.