

Cabbage FROM GARDEN TO TABLE

Whole ingredients
Simple solutions



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OVEN ROASTED CABBAGE STEAKS

thickly slice green cabbage, lightly drizzle with olive oil and balsamic vinegar, place in the oven at 350C on a baking sheet. slow roast until brown

RAINBOW COLESLAW

using a knife or food processor chop green and red cabbage. make a dressing with olive oil, white or cider vinegar, dijon mustard and honey or maple syrup. dress the salad, cover and let sit overnight in the refrigerator. serve the next day with BBQ chicken and cornbread

CABBAGE SAUTEED

roughly chop green cabbage. add a couple of tbsp of olive oil to a flat bottomed pan over medium heat, add cabbage. after softened add paprika, a couple of tbsp tomato paste, shredded carrots, chicken stock, cover and simmer on low for 10 minutes. add salt and pepper to taste. use as a side dish to any dinner meal



SERVICES FOR YOUNG MOTHERS