

Roasted Parmesan Napa Cabbage Wedges

(serves 4)

Try this easy summertime side with burgers and corn on the cob.

Ingredients

Half a head of Napa cabbage, cut lengthwise into wedges with core attached

1 Tbsp oil

1/4 cup grated parmesan

1 tsp garlic powder

1/2 tsp black pepper



Directions

1. Preheat oven to 400°F.
2. Wash hands with soap and water.
3. Gently rub cabbage under cold running water.
4. Lay cabbage wedges in a baking sheet lined with foil.
5. Drizzle oil over all of cabbage. Sprinkle with parmesan, garlic powder, and black pepper.
6. Bake 10 minutes. Carefully open oven and turn cabbage wedges over. Return to oven and continue baking another 10 minutes.

Nutrition Facts per serving: 70 calories, 5g fat, 160mg sodium, 4g carbohydrate, 0g fiber, 3g protein

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Braised Napa Cabbage with Carrots and Leek

(serves 6)

There are a lot of fall flavors in this side. Serve with herbed chicken and roasted potatoes.

Ingredients

Half a head of Napa cabbage
4 carrots
1 large leek
1 cup fat-free, reduced-sodium chicken broth
1 Tbsp oil
1/2 Tbsp dried thyme leaves
1/4 tsp black pepper
1/4 tsp paprika

Directions

1. Wash hands with soap and water.
2. Wash produce under cool water. Cut out core of cabbage and cut into thin strips. Peel carrots and cut into coin shapes.
3. Cut off green leaves and end of stem from leek. Cut trimmed leek into thin rings. Rinse in water to remove any soil trapped between leek's layers.
4. In a large skillet, add cut cabbage, carrots, leek, chicken broth, and oil. Cook over medium heat 10 minutes, stirring occasionally.
5. Add thyme, black pepper, and paprika, and stir to combine. Continue cooking another 10 minutes until most of broth is evaporated and vegetables are tender.



Nutrition Facts per serving: 60 calories, 2.5g fat, 170mg sodium, 8g carbohydrate, 2g fiber, 2g protein

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Autumn Pork Sandwich with Apple Slaw

(serves 6)

The vinaigrette dressing is a change from creamy coleslaws. Try this sandwich with sweet potato fries for a fall theme.



Ingredients

Autumn Pork

2 pounds boneless pork roast
1 cup water
1 Tbsp honey
2 tsp cumin
1 tsp garlic powder
1 tsp cinnamon
1 tsp ground black pepper
1/4 tsp ground ginger
1/4 tsp ground cloves
1/4 tsp ground cayenne pepper

Apple Slaw

2 cups shredded green cabbage
1 medium red apple, unpeeled, chopped
1/2 cup chopped celery
1/2 cup chopped green bell pepper
1/4 cup shredded carrot
2 Tbsp vegetable oil
2 Tbsp lemon juice
1 Tbsp honey
1 teaspoon celery seed (optional)

Directions

Autumn Pork

1. Set up a 6-quart slow cooker.
2. Wash hands with soap and water.
3. To slow cooker, add water, honey, and spices. Stir with a fork or spoon until smooth. Add pork roast and turn to coat in spice mixture.
4. Add slow cooker lid and cook for 6-8 hours on low or 3-4 hours on high.
5. Carefully remove pork to a cutting board. Shred meat and return to slow cooker.
6. Serve pork on whole-grain buns, topped with Apple Slaw.

Nutrition Facts per serving: 300 calories, 21g fat, 350mg sodium, 3g carbohydrate, 0g fiber, 25g protein

Apple Slaw

1. Wash hands with soap and water.
2. Wash all produce under cool water.
3. In a medium bowl, combine the cabbage, apple, celery, bell pepper, and carrot.
4. In a small bowl, whisk oil, lemon juice, honey, and celery seed (if using) until smooth.
5. Pour lemon mixture over coleslaw and toss to coat. Refrigerate until ready to serve.

Nutrition Facts per serving: 90 calories, 5g fat, 15mg sodium, 11g carbohydrate, 2g fiber, 1g protein

Blackened Fish Tacos with Cilantro Lime Slaw

(serves 8)

Spread corn or flour tortillas with aioli and top with fish, slaw, and avocado slices. Serve with seasoned black beans and slices of melon for a summertime meal.



Ingredients and Directions

Blackened Fish

2 pounds white fish (thawed if frozen)
4 Tbsp paprika
2 tsp onion powder
2 tsp garlic powder
1 tsp dried oregano
1 tsp dried parsley
1 tsp dried thyme leaves
1 tsp dried basil
1/2 tsp ground black pepper
1/2 tsp cayenne pepper

1. Wash hands.
2. Combine all ingredients, except fish, in a small bowl.
3. Sprinkle seasoning mix over fish. Use clean hands to rub seasoning mix into fish.
4. Coat skillet with non-stick cooking spray. Heat skillet over medium heat (around 300°F).
5. Add fish to skillet. Only add as many fish fillets as will fit in the skillet without crowding. Cook for 3-4 minutes. Flip fish and cook 3-4 minutes on the other side. Fish is cooked if it easily flakes when a fork is twisted in the center of the fish. Repeat with remaining fish.

Nutrition facts (per serving): 90 calories, 1g fat, 350mg sodium, 3g carbohydrates, 0g fiber, 18g protein

Cilantro Lime Slaw

2 cups shredded green cabbage
2 cups shredded purple cabbage
1/2 cup shredded carrot
1/4 cup fresh cilantro
1 Tbsp lime juice
1 Tbsp oil
1/4 tsp salt
1/4 tsp pepper

1. Wash hands.
2. Wash and shred cabbage into small pieces. Peel carrot and shred. (Coleslaw mix can be substituted here.)
3. Wash cilantro. Remove stems and cut leaves into small pieces.
4. Add cabbages, carrot, cilantro, lime juice, oil, salt, and pepper to a large bowl. Toss to combine.
5. Cover and refrigerate until ready to use.

Nutrition facts (per serving): 30 calories, 2g fat, 85mg sodium, 3g carbohydrates, 1g fiber, 1g protein

Lime Aioli

1/2 cup light mayonnaise
2 tsp grated lime zest
1 Tbsp lime juice
1 tsp yellow mustard (or preferred mustard)
1 tsp garlic powder

1. Wash hands.
2. In a small bowl, combine mayonnaise, lime zest, lime juice, mustard, and garlic until smooth.
3. Cover and refrigerate until ready to use.

Nutrition facts (per serving): 60 calories, 5g fat, 210mg sodium, 3g carbohydrates, 0g fiber, 0g protein

Adapted from Lemon Aioli Dip, University of Illinois Extension

Fresh Sauerkraut

(serves 24)

Do not be tempted to reduce the amount of salt; the cabbage may not ferment correctly.

Ingredients

7-8 pounds green cabbage*
3 Tbsp canning and pickling salt



*Start with 7-8 pounds whole head(s) of cabbage. You will not use the core or outer leaves of the cabbage, which will reduce the amount of product you have left.

Directions

1. Wash hands with soap and water.
2. Remove outer leaves of cabbage. Wash cabbage under cool water. Cut into quarters. Remove core.
3. With a knife, mandolin, or shredder, cut cabbage into small strips about the width of a quarter. Measure out 5 pounds of shredded cabbage on a food scale.
4. In a large bowl, add cabbage and salt. Toss thoroughly with clean hands. Let sit for 5-10 minutes to wilt.
5. Add some of the wilted cabbage to a tall, narrow, and food-safe 1-gallon container. With clean hands, spoon, or tamper, press downward to push cabbage into container. Keep adding small amounts of cabbage to container and press flat with tamper until all cabbage is in container.
6. **Check:** Cabbage should be about 4-5 inches from the top of the container.
7. **Check:** Cabbage should be covered in about 1-2 inches of its own liquid. If not, add enough brine to cover. To make brine: in a saucepan, add 1 1/2 tsp canning or pickling salt to 4 cups water. Bring to a boil, let boil 1 minute, remove from heat, and cool. Consider doing this step while shredding cabbage so mixture has time to cool.
8. To a 2-gallon zip-top food-safe plastic bag, add a brine of 1 1/2 tsp canning or pickling salt to 4 cups water. Close and secure bag. If desired, place inside another plastic bag in case of leaks. Place bag on top of cabbage and adjust so bag covers all edges.
9. **Check:** Cabbage should be under brine. If it is not, add more brine – in the same ratio of salt to water – to the cover bag to increase the weight.
10. Place container on a plate or tray, cover with a clean towel, and store at room temperature (70-75°F). Do not disturb or move cover bag. Add more brine if needed to weigh down and keep cabbage covered.

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11. **Note:** You do not need to do a daily check of the sauerkraut if using water/brine-filled plastic bags. If you use a crock and weight, you will need to check it several times each week (or even every day), remove any scum, and then re-cover the crock.
12. Cabbage will be fully fermented in about 3-4 weeks. Some signs that cabbage is fully fermented include: a change in color from white/green to yellow, no more bubbles being formed, and product should smell and taste like sauerkraut.
13. Move to food-safe storage containers, cover, and keep in the refrigerator for 2-3 months. Cover with additional brine if needed.

Nutrition Facts per serving: 25 calories, 0g fat, 890mg sodium, 5g carbohydrate, 2g fiber, 1g protein

Recipe adapted from: University of Alaska Fairbanks Cooperative Extension Services

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Hamburger Skillet Dinner

(serves 4)

This veggie-packed meal is great with a fruit salad and whole-grain roll.



Ingredients

1 pound ground beef, lean
1 small onion, chopped
1/2 cup water
1/4 cup low-sodium soy sauce
1 potato, peeled and sliced
1 large green pepper, cut into thin strips
1 cup celery, diced
2 cups cabbage, chopped
2 tomatoes, diced, or 1 can (15 oz.) diced tomatoes, drained
1/2 tsp black pepper
1 tsp garlic powder

Directions

1. Wash hands with soap and water.
2. Gently rub produce under cold running water and prepare.
3. In a large skillet or pot brown beef and onion. Drain excess fat.
4. Add rest of ingredients to skillet or pot.
5. Cover and cook on high for 1-2 minutes.
6. Reduce heat and cook slowly (simmer) for 15 minutes.

Nutrition Facts per serving: 320 calories, 12g fat, 650mg sodium, 28g carbohydrate, 5g fiber, 27g protein

Recipe by: Eat.Move.Save., Illinois Nutrition Education Programs, University of Illinois Extension

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Fall Vegetable Soup

(serves 6)

Serve this soup with a hot or cold sandwich and pears, which are in-season during the fall months.

Ingredients

1 carrot, sliced
1 large potato, chopped
1 medium onion, chopped
1/4 teaspoon garlic powder
1 can (15 ounces) reduced sodium chicken or vegetable broth
2 cup green cabbage, chopped
2 cup broccoli, chopped



Directions

1. Wash hands with soap and water.
2. Gently rub produce under cool running water.
3. Combine carrot, potato, onion, garlic, and broth in saucepan.
4. Cover and cook on medium heat until boiling.
5. Add cabbage and broccoli to saucepan.
6. Lower heat and cook 10 to 15 minutes until vegetables are soft.

Nutrition Facts per serving: 70 calories, 0g fat, 200mg sodium, 14g carbohydrate, 3g fiber, 3g protein

Recipe by: Eat.Move.Save., Illinois Nutrition Education Programs, University of Illinois Extension

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Red and Green Holiday Slaw

(serves 16)

Red/purple cabbage pops in this slaw. Serve as a side to your favorite sandwich.



Ingredients

Slaw

5 cups shredded red cabbage
1/2 cup dried cranberries or cherries
2 large Granny Smith apples, thinly sliced
1/3 cup walnuts

Dressing

1/4 cup apple cider vinegar
1 Tbsp sugar
1 tsp prepared mustard, such as Dijon
3 Tbsp oil

Directions

1. Wash hands with soap and water.
2. Wash cabbage and apples under cool water before cutting.
3. Add slaw ingredients to a large bowl and stir to combine.
4. Mix dressing ingredients in a small bowl and pour over slaw, stirring to coat.
5. Cover and refrigerate for at least 1 hour.

Nutrition Facts per serving: 80 calories, 5g fat, 10mg sodium, 11g carbohydrate, 2g fiber, 1g protein

Recipe by: Mary Liz Wright, Nutrition and Wellness Educator, University of Illinois Extension