Farmers Market Fun Family Recipes

Cabbage

**Ingredients**

- 2 small zucchini, cut into ½-inch pieces
- ½ pound green beans, snapped into pieces
- ½ small cabbage, sliced thin or shredded
- 2 cups corn kernels or combination of favorite vegetables
- 1 medium sliced onion
- 1 minced garlic clove (optional)
- 2 Tablespoons olive oil
- 1 cup chopped fresh or canned tomatoes
- ½ teaspoon dry oregano

**Instructions**

1. Wash and trim vegetables. Slice zucchini into ½-inch pieces; snap beans into pieces; thinly slice or shred cabbage.

2. Heat oil in frying pan; cook onion over medium heat until soft. Note: If using fresh green beans, cook for 2 minutes before adding onion.

3. Add vegetables and oregano.

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Over
Nutrition information:
Calories: 100
Carbohydrate: 13 gm
Fiber: 3 gm
Fat: 4 gm
Protein: 2 gm
Cholesterol: 0 mg
Sodium: 180 mg

For more information, contact your county WVU Extension office or go to www.ext.wvu.edu.

4. Cook over medium heat for 5 to 7 minutes or until tender. Add chopped tomatoes at the last minute of cooking. Stir occasionally.

5. Serve immediately.

6. Refrigerate leftovers within 2 hours.

Remember 🍅
Always wash your hands before preparing or eating produce. To properly wash your hands, use warm running water, lather with soap for 20 seconds, and dry hands with a clean paper towel or hand towel. Use the towel to turn off the tap. This prevents bacteria that you transferred to the tap handle when turning on the water from recontaminating your hands.

From Pictoral Recipes, Oregon Family Nutrition Program, Oregon State University Extension Service

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