Cabbage Recipes

Sesame Ginger Sauteed Cabbage and Carrots

Fresh Spring Rolls and Spicy Peanut Sauce

Broccoli Slaw

**Sesame Ginger Sautéed Cabbage & Carrots**From wellplated.com  
  
YIELD: Serves 4 PREP TIME: 10 minutes COOK TIME: 10 minutes TOTAL TIME: 20 minutes

Ingredients:  
 2 inch piece ginger root – minced  
 2 garlic cloves – minced  
 2 teaspoons sambal oelek – optional  
 6 cups shredded savoy cabbage  
 2 cups shredded carrots  
 ½ teaspoon salt  
 2 tablespoons rice vinegar  
 2 tablespoons soy sauce – low sodium  
 4 scallions – thinly sliced (tops and bottoms)  
 1 tablespoon toasted sesame oil  
 black roasted sesame seeds and chopped cilantro – optional garnish

Directions:  
 Head a deep skillet over medium heat and spray with cooking spray. Add ginger, garlic and sambal oelek and cook for 30 seconds to release flavors.  
 Add shredded cabbage, carrots and salt to the pan. Saute until slightly wilted, 7-9 minutes. Add the rice vinegar, soy sauce, scallions, and sesame oil. Saute 1 additional minute. Serve warm, garnished with sesame seeds and cilantro.

**Fresh Spring Rolls and Spicy Peanut Sauce**  
Modified from abeautifulmess.com

Ingredients  
 lettuce  
 cabbage  
 carrots  
 bell pepper  
 cucumber  
 cilantro  
 mint  
 chives  
 spring roll papers

Spicy Peanut Sauce  
 3/4 cup coconut milk about half a can  
 2 tablespoons red curry paste I used Mae Ploy brand  
 1/3 heaping cup natural peanut butter or make your own  
 1 teaspoon salt  
 1/4 cup water  
 1 tablespoon apple cider vinegar  
 1/4 cup packed brown sugar

Instructions  
 Cut the vegetables into matchsticks. Submerge the spring roll paper in warm water for 20-30 seconds. A pie pan filled with warm water works well here. You'll be able to feel the paper softening under your fingertips, so don't let it soak for too long or it can more easily tear.  
 Fill with veggies and fresh herbs, then roll up.  
 Combine all the ingredients in a saucepan and heat over medium heat. Whisk as it heats to combine all the ingredients and dissolve the sugar. Bring to a low boil and cook for another couple of minutes.

**Broccoli Slaw**  
Modified from glutenfreegirl.com  
   
The Slaw  
 1 head broccoli  
 10 brussels sprouts  
 1/2 head Napa cabbage  
 2 stalks celery

The Dressing  
 ½ cup mayonnaise, fresh-made if possible  
 1 tablespoon Dijon mustard  
 2 tablespoons rice wine vinegar  
 kosher salt and cracked pepper to taste

Instructions  
 Prepping the vegetables. Take off all the little florets of the broccoli head. Peel the outer layer of the broccoli stalks and slice them in half lengthwise, then dice them (about 1/2-inch cubes). Remove the outer layer of the brussels sprouts. Cut each Brussels sprout in half. Slice the halves as thin as you can. (You could use a mandoline here, but you dont have to do so.) Cut the Napa cabbage in half. Remove the core and slice as fine as you can. Slice the celery down the middle, lengthwise, then dice the celery stalks the same size as the broccoli stalks. Combine all the vegetables in a large bowl.

Making the dressing. Mix the mayonnaise, mustard, and rice wine vinegar. Season it with salt and pepper to taste. If you want the dressing a touch thinner, add a bit more vinegar or a smidge of water.

Finishing the salad. Coat the vegetables with the dressing. Season the salad to your taste