

Cabbage

Available

All year round.

Buy

Firm and heavy heads with even colour and crisp outer leaves.

Store

In plastic bags in the fridge.



Prepare



Cut in half.



Quarter and remove core.



Finely slice.



Chop roughly.

Cook

Can be:



Steamed



Simmered



Stir-fried



Coleslaw



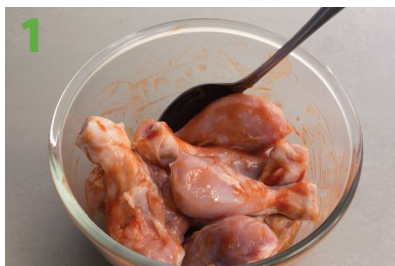
Chicken drumsticks with coleslaw and wedges

(serves 4)

Ingredients

8 chicken drumsticks, skin removed
3 tablespoons tomato sauce
1 ½ tablespoons vinegar
1 tablespoon oil
½ cup water
4 potatoes, washed and cut into wedges
2 tablespoons oil
¼ cabbage, shredded
2 carrots, grated
½ apple, grated
2 tablespoons vinegar
3 tablespoons oil

Method



Heat oven to 200°C.
Mix drumsticks with tomato sauce, vinegar and oil.



Place in a baking dish and pour water into dish. Bake for 30 minutes or until chicken is thoroughly cooked.



Place potatoes on a baking tray and mix with oil. Bake for 25 - 30 minutes or until crispy and golden brown.



To make coleslaw, mix together the cabbage, carrot, apple, vinegar and oil.

For more easy, fast and affordable food ideas visit healthykids.org.nz/eat/recipes, vegetables.co.nz or heartfoundation.org.nz/recipes