

# Sautéed Cabbage

Vegetable

Side Dish

Recipe #KSU Developed

Ingredients	50 Servings		_____ Servings		Directions
	Weight	Measure	Weight	Measure	
Cabbage, green, fresh, untrimmed, whole	7 lb 5 oz				<p><i>Thoroughly rinse fresh produce in cool, potable running water before cutting.</i></p> <ol style="list-style-type: none"> <li>Trim and quarter cabbage. Remove core and slice cabbage into 1/8 inch strips. Next cut 1/8 inch strips to 1-inch in length.</li> <li>Add oil to pan and heat on medium-low.</li> <li>Add cabbage to pan and cover.</li> <li>Stir frequently. As cabbage begins to soften, add garlic powder by sprinkling evening over cabbage. Continue to stir.</li> <li>Cook until all the pieces are tender.</li> </ol> <p><i>Internal temperature taken at the center of the thickest part of the food must reach 135° F for 15 seconds.</i></p> <p><i>Hot foods must be held under temperature control at 135° F or higher. Food temperatures must be checked every four hours, and discarded if found to be less than 135° F</i></p>
Canola oil		2 Tbsp			
Butter or buttery spread		3 Tbsp			
Garlic, powder (optional, adjust as needed)		2 Tbsp			

**Notes:**

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Nutrients calculated using Food Processor.

**Serving: 1/2 cup, cooked vegetable**

**Yield:**

**Volume:**

1-2 years: 1/8 cup

**50 Servings:**

**50 Servings:**

3-5 years: 1/4 cup

**100 Servings:**

**100 Servings:**

6-18 years: 1/2 cup

## Nutrients Per Serving

<b>Calories</b>	26.26	<b>Saturated Fat</b>	0.13 g	<b>Iron</b>	0.15 mg
<b>Protein</b>	1.01 g	<b>Cholesterol</b>	0 mg	<b>Calcium</b>	36.32 mg
<b>Carbohydrate</b>	4.42 g	<b>Vitamin A</b>	15.04 RAE mcg	<b>Sodium</b>	11.10 mg
<b>Total Fat</b>	0.91 g	<b>Vitamin C</b>	28.13 mg	<b>Dietary Fiber (2016)</b>	1.46 g