



IDEA
Public Schools

Child Nutrition Program February 2021 Harvest of the Month Recipe

"STUFFED" CABBAGE CASSEROLE



This "stuffed" cabbage casserole is loaded with flavor and makes a complete meal!! Get the kids involved and let them help by having them tear the cabbage leaves for the dish.

Ingredients

- 1 large head of cabbage, chopped
- 2 Tbsp. extra virgin olive oil
- 1 large onion, chopped
- 1 tsp. granulated garlic
- 1 tsp. smoked paprika
- 1 lb. ground turkey
- 1 can (14.5 oz.) crushed tomatoes
- 1 cup of brown rice
- 3 cups low sodium chicken broth
- 1 red bell pepper, diced
- Salt and Pepper to taste
- **Optional garnishes:**
 - Chopped cilantro
 - Salsa
 - Shredded Cheese

Directions

1. Preheat oven to 350F, and grease a 9" x 13: baking pan.
2. Place oil in a large pot. Turn heat to medium high.
3. Add ground turkey, breaking up with a spoon and cook until no longer pink.
4. Add in onions and bell pepper. Stir, and cook for 2-3 minutes until veggies are softened.
5. Add in spices and stir. Remove from heat.
6. Pour uncooked rice into the baking dish.
7. Pour the cooked turkey mixture over the rice.
8. Add in the can of crushed tomatoes, and chicken broth. Stir well.
9. Place the chopped cabbage on top.
10. Cover tightly with foil and place in oven. Bake for 60 minutes.
11. Remove from oven, let sit for 15 minutes.
12. Open foil with caution- there will be steam
13. Garnish with chopped cilantro. Enjoy!



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Cabbage Varieties



Cannonball Cabbage

Known as green cabbage, this is one of the most popular varieties of cabbage. This cabbage is great shredded for coleslaw, braised or in sauerkraut.



Bok Choy

This is a dark, leafy variety that looks more like Swiss chard or spinach. It has a delicate flavor that is excellent in stir fry!



Napa Cabbage

This cabbage has fleshy, yellow-green leaves. It has a softer, sweet cabbage and is commonly used in East Asian cuisine for dishes such as Kimchi.

Fast Facts

Cabbage is closely related to Broccoli, Brussel Sprouts and Cauliflower.



Cabbage is one of the oldest cultivated vegetables in Europe! Humans have been eating it for more than 1000 years!

Cabbage can be eaten a variety of ways—raw, cooked or pickled!

Cabbages are grown for decorative purposes! They have miniature white, red or pink leaves surrounded by green or purple leaves.

IDEA Farm News

For school year 2021-2022, IDEA Public Schools will have 9 IDEA farms that will work to provide the Harvest of the Month and other seasonal produce to IDEA school cafeterias during the 2021-2022 school year.



IDEA Elsa
IDEA Edgemere
IDEA Donna

IDEA Rundberg
IDEA San Benito
IDEA Monterrey Park

IDEA Eastside
IDEA Quest
IDEA Horizon Vista



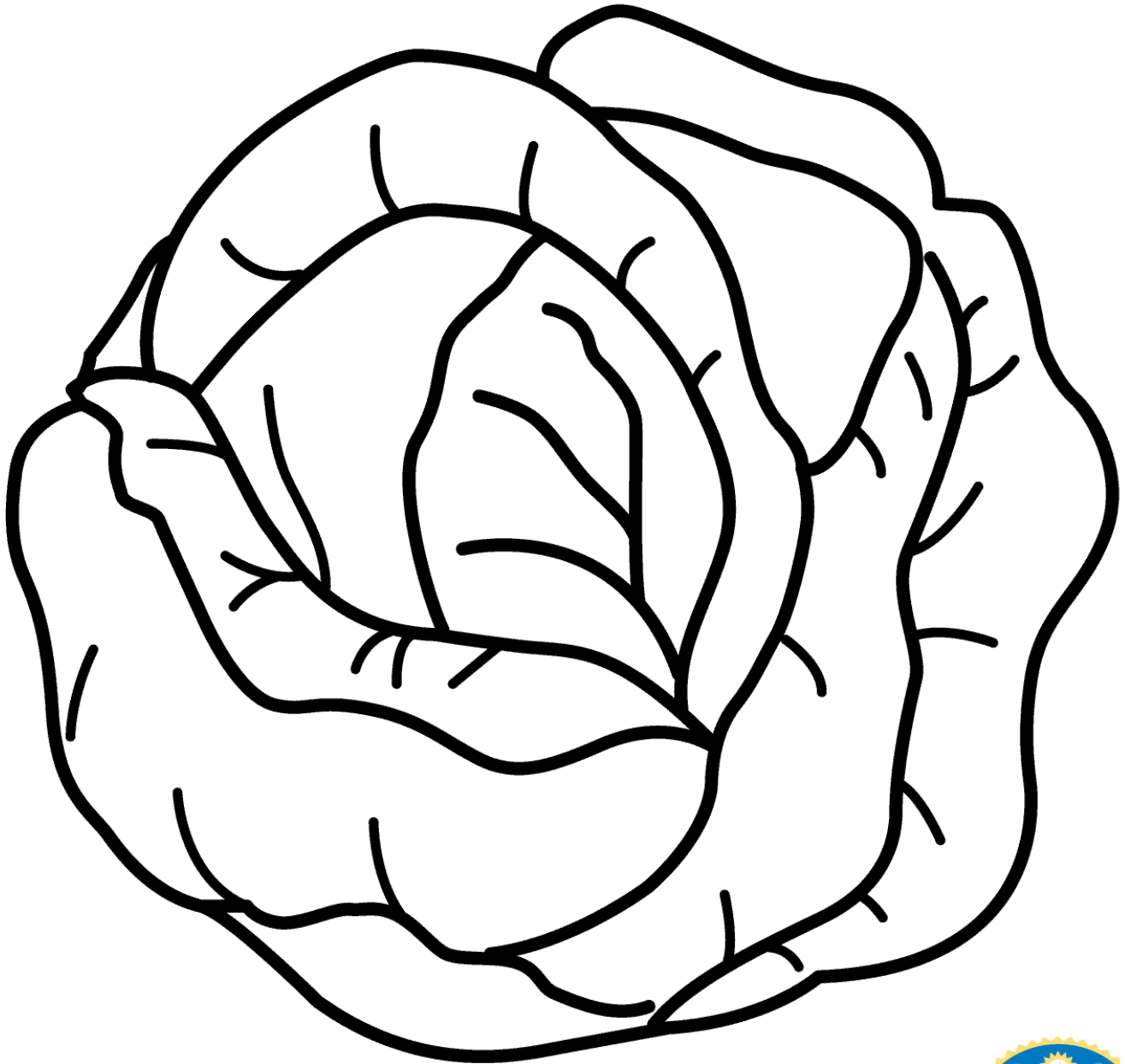
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Cabbage Coloring Activity



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Cabbage Word Search

Directions:

Find the CABBAGE related words in the puzzle.

Words can go in any directions and can share letters as they cross over each other.

CABBAGE
SAVOY
BOK
CHOY

GREEN
KIMCHI
BRAISED
EUROPEAN

HARVEST
VARIETIES
COLESLAW
FERMENTED

N R P B E A E N Z E J G T I U A W Z T Y V Y O T Z
O U C I F J S E R M R R H N U K S I E A I Z O Y Q
Q J A W J J T E N F H C Y D V L C D R A K O B H X
Y O B I J N U R W Q M E H H E J G I X M W N D H C
B R B X H U M G Z I U V O A G T E F T N T F P C B
Q Y A I E E W V K O D D Y R G T N M D R A L H L E
M Q G M S U P M N B E Q Z V I M S E S L K J I L Y
N J E A W L R K V Y I L V E P L Q P M L R W J T G
A E V Y K Z R O S K U F S S P E A W S R W O X R L
V O R Z H E H H P L Z U D T W R S K N W E Q Z I G
Y B H R A N Y V U E C J D F P B Z Z T N V F F S C
W A L S E L O C O S A H D N Q Q Y Z X V V P B X O
M B R A I S E D R N R N K E O C X C U E G D E F N
P W A R K Z N W N B W T Z J H N S V J N U Y W K M
C T A V V T Z S I W U T K O Z T B A Y R E N D E J



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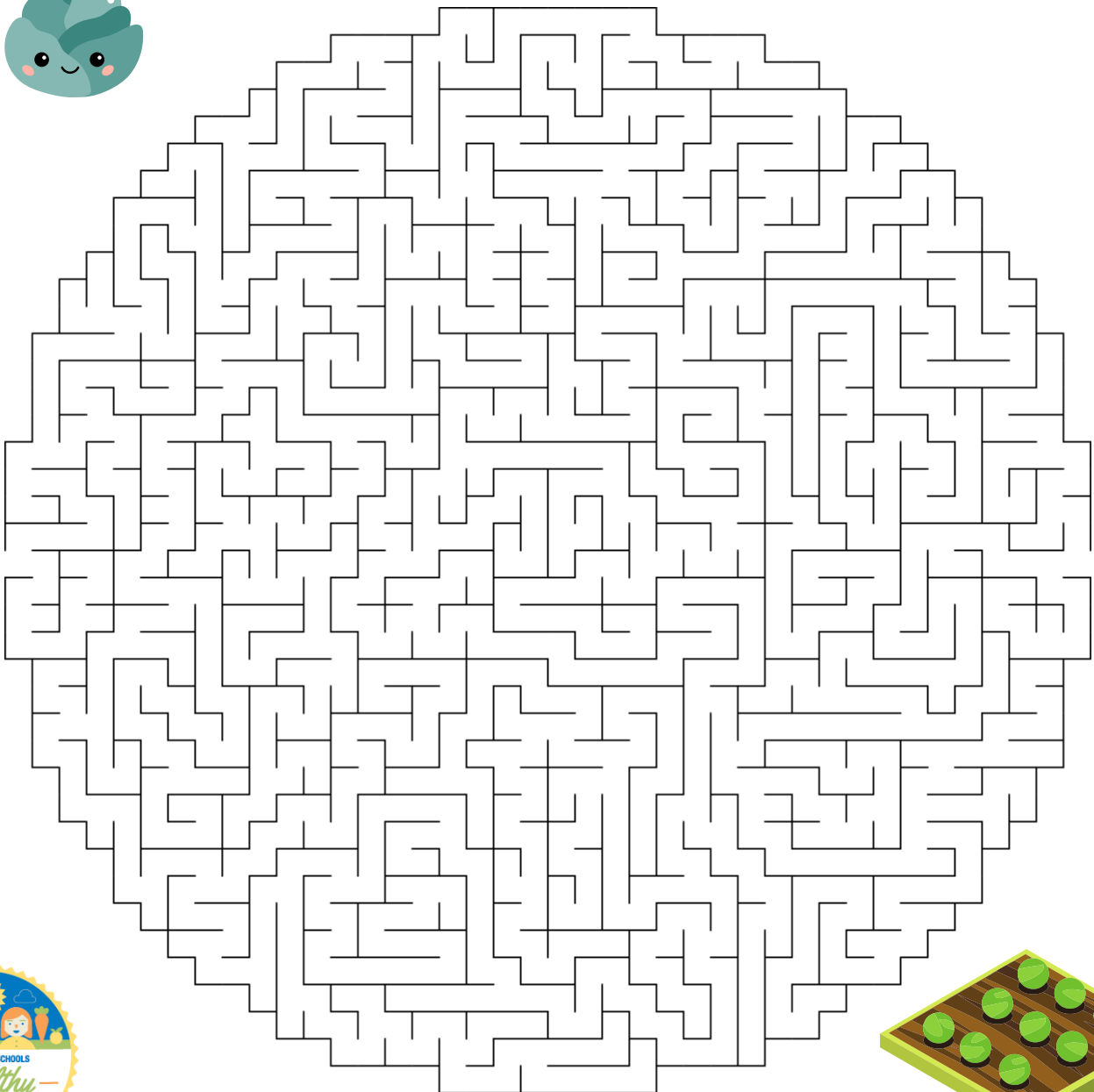


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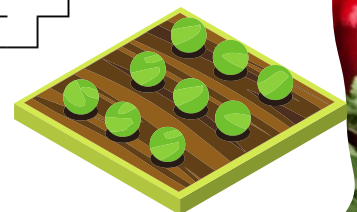
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Cabbage Maze

Directions:
Help Cathy Cabbage find their way to the cabbage patch!



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Cabbage Word Scramble

Directions:
Unscramble the CABBAGE Related Words!

Scrambled Word

Unscrambled Word

1. EAGABCB

2. AVSYO

3. OBK

4. YCHO

5. EGRNE

6. I IHCKM

7. SRBIDAE

8. ERNAPOEU

9. STHAREV

10. TEIEIAVSR

11. WCALOLSE

12. ERTFDNEME

13. AFRUBEYR

14. OWGR

Answer Key

1. CABBAGE
2. SAVOY
3. BOK
4. CHOY
5. GREEN
6. KIMCHI
7. BRAISED
8. EUROPEAN
9. ARVEST
10. VARIETIES
11. COLESLAW
12. FERMENTED
13. FEBRUARY
14. GROW

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