

## CRUCIFEROUS VEGETABLES

Cruciferous vegetables are classified under the genus Brassica. Their four flower petals resemble a cross, which is the inspiration for their name. The examples include bok choy, broccoli, Brussels sprouts, watercress, etc. Cruciferous vegetables are rich in fiber, vitamin K, and folate. Moreover, dark green cruciferous vegetables contain vitamins A and C, as well as phytonutrients, which are plant-based compounds that may lower inflammation and cancer risk.

How do I prepare cruciferous vegetables?

Take the outer leaves off of cabbage and other leafy vegetables before rinsing. Rub the produce lightly while submerged in running water. Another option is to use a vegetable brush to clean cruciferous vegetables.

There are many recommended cooking methods for preparing cruciferous vegetables, such as sauté, grill, or steam. Some ideas include:

- Roast Brussels sprouts at 425 degree Fahrenheit (220 Celcius) for 20 to 30 minutes and then add the seasonings of your choice, such as garlic or onion powder.
- Add roasted cashews or peanuts and reduced-sodium soy sauce to sautéed bok choy.
- Cut up some broccoli, cauliflower, or any other vegetable and use them to make a smiley face with the kids.
- For a side dish idea, try adding cheese to roasted broccoli or cauliflower.

Bonus tips: Some retailers may sell frozen vegetables, such as broccoli and cauliflower, which would save you time in the kitchen.

## 十字花科蔬菜

十字花科蔬菜属于芸苔属。它们的四个花瓣像一个十字架，这也是它们名字的灵感来源。例子包括白菜、西兰花、球芽甘蓝、西洋菜等。十字花科蔬菜富含纤维、维生素K和叶酸。此外，深绿色十字花科蔬菜含有维生素A和C，以及植生素，这些植生素可以降低炎症和癌症风险。

如何烹饪十字花科蔬菜？

在冲洗卷心菜和其他叶菜之前，先将其外叶去掉。将蔬菜浸入流水中轻轻揉搓。另一种方法是用蔬菜刷清洗十字花科蔬菜。有很多烹饪十字花科蔬菜的方法，如炒、烤或蒸。其中包括

- 将孢子甘蓝在425华氏度（220摄氏度）下烘烤20至30分钟，然后添加您选择的调味料，例如大蒜粉或洋葱粉。
- 在炒大白菜时加入烤腰果或花生和低盐酱油。
- 切一些西兰花、花椰菜或任何其他蔬菜，用它们和孩子们一起制作蔬菜笑脸。
- 对于配菜创意，可以尝试在烤西兰花或花椰菜时加入奶酪。

额外小窍门：一些零售商可能会出售冷冻蔬菜，如西兰花和花椰菜，这样可以节省您在厨房备菜的时间。

References/参考资料:

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2. Academy of Nutrition and Dietetics. The beginners guide to cruciferous vegetables. <https://www.eatright.org/food/food-groups/vegetables/the-beginners-guide-to-cruciferous-vegetables>. Last updated July 23, 2020. Accessed February 18, 2024.
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# Eat Well, Stay Healthy! 吃得好，保持健康!

Vegetable Spotlight: Cabbage

蔬菜聚光灯: 绿色卷心菜



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## SAUTÉED CABBAGE (Serves 4)

### 清炒卷心菜 (4 人份)



## INGREDIENTS

- 1 1/3 teaspoons Olive Oil
- 1/3 cup Onion, diced
- 2/3 clove Garlic, diced
- 2 Tomatoes medium, diced
- 2/3 Fresh Bay Leaf (optional)
- 2 2/3 cups Cabbage cored, thinly sliced
- 1/3 teaspoon Salt, adjust to taste
- 1/8 teaspoon Black Pepper, adjust to taste
- 2/3 Bell Pepper, diced

## 配料

- 1 1/3 茶匙橄榄油
- 1/3 杯洋葱，切丁
- 2/3 瓣大蒜，切碎
- 2 个中等大小的西红柿，切丁
- 2/3 片新鲜月桂叶（可选）
- 2 2/3 杯卷心菜，去核，切丝
- 1/3 茶匙盐，根据口味调整
- 1/8 茶匙黑胡椒，根据口味调整
- 2/3 甜椒，切丁

## DIRECTIONS

1. In a large frying pan, over medium heat: heat olive oil.
2. Add onion, garlic, bell pepper and tomatoes; sauté for 5 minutes.
3. Add cabbage and bay leaf, mix well and cook for an additional 5 minutes.
4. Season with salt and pepper.
5. Turn the heat off. Serve warm.

## 步骤

1. 在大煎锅中，用中火加热橄榄油。
2. 加入洋葱、大蒜、甜椒和西红柿，翻炒 5 分钟。
3. 加入卷心菜和月桂叶，拌匀后再煮 5 分钟。
4. 加入盐和胡椒调味。
5. 关火。趁热食用。



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