CABBAGE- A HEAD ABOVE THE REST!
BUDGET-FRIENDLY RECIPE OF THE MONTH

OUR 2026 THEME IS "SHELF-AWARENESS: THE JOY OF SIMPLE COOKING!" 2026 WILL HIGHLIGHT RECIPES FROM "THE BASIC SHELF COOKBOOK" FROM THE CANADIAN PUBLIC HEALTH ASSOCIATION (HTTPS://PUBLICATIONS.CPHA.CA/COLLECTIONS/PUBLICATIONS)

ALL THE RECIPES SHARED THIS YEAR CAN BE MADE FROM LOW COST NUTRITIOUS INGREDIENTS! MOST OF THE INGREDIENTS USED CAN BE KEPT IN YOUR CUPBOARD FOR A LONG TIME, WITHOUT NEEDING REFRIGERATION. YOU WILL ALSO NEED TO BUY A FEW FRESH FOODS FOR MOST OF THE RECIPES SHARED.

COLESLAW

INGREDIENTS:

- 1 SMALL CABBAGE, SHREDDED (FOR MORE COLOUR TRY PURPLE CABBAGE OR A MIXTURE OF BOTH PURPLE AND GREEN CABBAGE).
- 2 CUPS GRATED CARROTS
- 1 LARGE ONION, FINELY CHOPPED
- ¼ CUP VEGETABLE OIL
- ¼ CUP VINEGAR
- SALT AND PEPPER TO TASTE

THIS COLESLAW WILL KEEP FOR ONE WEEK IN THE REFRIGERATOR. AFTER ONE DAY, IT WILL BECOME SOFTER AND MORE MELLOW TASTING. FOR VARIETY, ADD RAISINS, GRATED APPLES OR CHICKPEAS.

HERE`S HOW TO MAKE IT:

1. COMBINE CABBAGE, CARROTS AND ONION IN A LARGE BOWL (ADD RAISINS, APPLES AND/OR CHICKPEAS IF USING). SET ASIDE
2. MIX OIL AND VINEGAR IN A SMALL BOWL. ADD SALT AND PEPPER TO TASTE.
3. POUR OIL AND VINEGAR OVER CABBAGE MIXTURE. MIX WELL.
4. COVER AND REFRIGERATE.
5. JUST BEFORE SERVING, STIR GENTLY.

SERVES 10 (EACH SERVING IS 1 CUP)



CONTEST ALERT!!

WE WANT TO HEAR FROM YOU!
HOW DO YOU SAVE MONEY ON GROCERIES?



SHARE YOUR MONEY SAVING TIPS TO BE ENTERED TO WIN A DRAW FOR ONE OF FOUR PRIZE PACKS, VALUED AT $30 EACH, CONTAINING PANTRY BASICS (DRIED AND CANNED GOODS) FEATURED IN THE BASIC SHELF COOKBOOK PLUS YOUR OWN COPY OF THE COOKBOOK! FOR FULL CONTEST DETAILS AND TO ENTER GO TO HTTPS://LP.CONSTANTCONTACTPAGES.COM/SV/IIPGZ5Z/RECIPEOFTHEMONTH OR SCAN QR CODE

BRAG A LITTLE. INSPIRE A LOT! AND HELP OTHERS SAVE SOME DOUGH!

SCAN ME TO ENTER

ARE YOU HUNGRY FOR MORE?

TO ACCESS 10 FREE RECIPES FROM THE COOKBOOK, VISIT CANADIAN PUBLIC HEALTH ASSOCIATION COVID-19 AND THE BASIC SHELF COOKBOOK WEBSITE (HTTPS://WWW.CPHA.CA/COVID-19-AND-BASIC-SHELF-COOKBOOK)

LEAF IT TO THE GRILL - GRILLED CABBAGE!

SUMMER'S HERE, AND THAT MEANS BBQ SEASON IS ON! SERVE THIS AT YOUR NEXT GATHERING AND STEAL THE SPOTLIGHT AT THE COOKOUT!

INGREDIENTS:

- 1 HEAD CABBAGE (CUT INTO 6 WEDGES)
- 1 GARLIC CLOVE (MINCED)
- 3 TBSP OLIVE OIL
- 1 TSP SEA SALT
- ½ TSP BLACK PEPPER, FRESHLY CRACKED
- 1 TSP CHILI FLAKES
- 2 TBSP PARMESAN CHEESE (GRATED)

INSTRUCTIONS:

1. PEEL AWAY THE OUTERMOST LAYERS OF CABBAGE AND DISCARD THEM.
2. CUT YOUR CABBAGE INTO 2 INCH WEDGES AND SHAVE OFF THE VERY BOTTOM OF THE STEM SO IT'S NICE AND CLEAN. I LIKE TO CUT CABBAGE IN HALF FIRST, SO I HAVE A STEADIER BASE TO CUT FROM. YOU WILL WANT TO LEAVE THE STEM INTACT WHEN YOU CUT YOUR CABBAGE INTO WEDGES SO IT STAYS IN ONE PIECE ON THE GRILL.
3. WHISK TOGETHER THE OLIVE OIL, MINCED GARLIC, SEA SALT, FRESHLY CRACKED BLACK PEPPER, CHILI FLAKES AND GRATED PARMESAN CHEESE IN A BOWL.
4. BRUSH THE PARMESAN CHEESE MIXTURE OVER ALL SIDES OF EACH CABBAGE WEDGE
5. GRILL THE CABBAGE ON EACH SIDE FOR 5-6 MINUTES EACH ON A 400 DEGREE GRILL. ONCE YOU PUT THE CABBAGE ON THE GRILL, RESIST THE URGE TO MOVE IT AROUND. LET IT SEAR IN ONE SPOT UNTIL IT'S TIME TO FLIP.
6. REMOVE FROM HEAT AND SPRINKLE WITH A LITTLE MORE PARMESAN CHEESE IF DESIRED. SERVE AND ENJOY!

For this recipe and more visit Budget Bytes website. (https://www.budgetbytes.com/grilled-cabbage/)

SLAW MUCH GOODNESS!

- IMMUNE BOOSTER - PACKED WITH VITAMIN C, CABBAGE HELPS FIGHT AGAINST THE COMMON COLD.
- TUMMY HERO - CABBAGE IS A GREAT SOURCE OF FIBRE, WHICH KEEPS YOUR DIGESTIVE SYSTEM RUNNING SMOOTHLY AND YOUR GUT FEELING GREAT!
- BONE BOSS - WITH A SOLID DOSE OF VITAMIN K, CABBAGE AIDS IN KEEPING YOUR BONES STRONG AND IS ESSENTIAL FOR BLOOD CLOTTING AND HEART HEALTH!

RAW, FERMENTED (SAUERKRAUT OR KIMCHI), OR COOKED, CABBAGE IS TRULY UNBE-LEAF-ABLE!





THE CABBAGE PATCH OF PUNCHLINES



- WHAT DO YOU CALL PERFECTLY GRILLED CABBAGE?
  - CHAR-MING!
- WHAT DID ONE CABBAGE SAY TO THE OTHER?
  - DON'T LEAF ME BEHIND
- WHAT IS A CABBAGE'S FAVOURITE YOGA POSE?
  - HEAD-STAND



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