



# **Cabbage Recipes 101: Delicious, Low Budget, Nutritious, Mouth Watering Cabbage Recipes Cookbook**

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One of the oldest vegetables known to man, the cabbage is thought to have originated in the eastern Mediterranean and Asia Minor. A member of the brassica family, it's related to broccoli, cauliflowers and brussels sprouts. Cabbage is a very productive crop -- one hectare will yield more edible vegetables than any other plant. It's also famous for its ability to thrive in cooler climates where nothing else will grow. Made up of 90 per cent water, the cabbage is very low in kilojoules but packed full of fibre, vitamin C and beta carotene. Cabbage also supplies isothiocyanates—chemicals that amp up the body's natural detoxification systems. Branch out beyond coleslaw and enjoy these variety of delicious healthy cabbage recipes.

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