



JERSEY TASTES!

RECIPES

Roasted Curried Cabbage

INGREDIENTS:

FAMILY-SIZE

SERVES: 6

SERVING SIZE: 1/2 CUP

- 1/2 medium head (Approx. 1 lb.) Chinese or Green Cabbage, thinly sliced
- 1/4 medium Spanish Onion, thinly sliced
- 1 Granny Smith Apple, peeled & sliced
- 1 tablespoon Vegetable Oil
- 1/2 teaspoon Curry Powder
- Salt & Black Pepper to taste



SCHOOL FOOD SERVICE

PORTIONS: 25

SERVING SIZE: 1/2 CUP

- 2 medium heads (Approx. 2 lbs. each) Chinese or Green Cabbage, thinly sliced
- 1 medium Spanish Onion, thinly sliced
- 4 Granny Smith Apples, peeled & sliced
- 1/4 cup Vegetable Oil
- 1 Tablespoon Curry Powder
- Salt & Black Pepper to taste

Portion Size: 1/2 cup = 1/2 cup Veg/Other

DIRECTIONS:

- 1 Preheat oven to 350°F.
- 2 Combine cabbage, onions & apples. Drizzle with oil. Toss gently to coat.
- 3 Sprinkle the curry powder over cabbage mixture.
- 4 Season with salt & pepper.
- 5 Transfer cabbage mixture to sheet pans. Make sure mixture is spread out on pan.
- 6 Bake for approximately 20 minutes or until cabbage is tender & edges are golden.

RECIPES MADE IN COLLABORATION WITH:

