



Recipe #408 Diabetic Friendly Cabbage **Serving Size and Ingredients: 4 oz.**

25 Servings	50 Servings	100 Servings	Ingredients
1 lb.	14 lbs.	28 lbs.	Cabbage, Fresh
2-1/4 tsp.	1-1/2 Tbsp.	3 Tbsp.	Salt

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Instructions:

- 1. Remove wilted outside cabbage leaves. Wash and Core. If Wilted, Crisp in cold water.**
- 2. Cut cabbage into wedges or shred coarsely. Place in roasting pan(s); Cover with water; add salt; Boil until tender.**