

# How to Use Whole Foods

Innovative ideas for using real, whole foods in delicious ways!

## Purple Cabbage

Purple Cabbage is known to be in season September through December. Purple cabbage can be roasted, sautéed, or shredded and is used as a nutrient-rich garnish for soups, salads, and warm dishes!

### Examples:



Spring Rolls



Sesame Noodles



Creamy Coleslaw



Asian Salad



Ye's Stir-Fried Vegetables



This institution is an equal opportunity provider.

### Tip!

Consider using Purple Cabbage (#16N33 CABBAGE FR RED 2-3 CT 5 LB BG) from DoD Fresh.