Cooking with Cabbage



Cabbage is a wonderfully nutritious vegetable, often touted as a preventative for cancer because it contains indole-3-carbinol, a chemical which boosts DNA repair in cells and appears to block the growth of cancer cells. Cabbage is also an excellent source of vitamin C and contains significant amounts of glutamine, an amino acid that has anti-inflammatory properties. Cabbage is a good choice for dieting programs, as it is a low calorie food. There are lots of varieties of cabbage including, but not limited

# Lady’s Cabbage

[Lady’s Cabbage is an English recipe that has the appearance of cauliflower, and is very tasty and extremely easy to make.]

1 head of white cabbage

3 tablespoons milk or cream

2 eggs

1 tablespoon butter, pepper, and salt

1. Boil a firm white cabbage approximately fifteen minutes until tender, then drain and set aside until perfectly cold.

2. Chop fine and add two beaten eggs, a tablespoonful of butter, pepper, salt, three tablespoonfuls of rich milk or cream.

3. Stir all well together, and bake in a buttered pudding-dish until brown. Serve piping hot.

**Yields 4 servings.**