

Macrobiotic Recipe of the Month - May 2009

NAPA CABBAGE

Here's yet another type of green. Napa cabbage is a brassicae vegetable ... these aid in the prevention of cancer. Nappa cabbage contains no fat or cholesterol and is low in calories, contains very little sodium and is high in vitamin C.

If you have never eaten greens, this is a good one to start with because of its mild flavor. Napa cabbage is delicious and when quickly steamed or blanched, it has a natural buttery taste. It makes an excellent breakfast green because of its lightness and slight crunchiness.

To blanch: Fill pot with filtered water, bring to a boil on high flame. Add Napa cabbage to the pot. Leave in for one minute. Drain. Put into a bowl and serve as a side dish.



Or, steam: Fill pot with a small amount of water (about 1/4 cup), add Napa cabbage. Bring to a boil on a high flame, cover, turn to low flame and simmer for 1-2 minutes. Drain, put into a bowl, and serve as a side dish.

I also occasionally add it to stir-frys, or make a pressed salad with it!!

Enjoy! ~Meg

For more recipes and information on macrobiotics please visit Meg's Website: www.megwolff.com, and her blog at: www.becoming-whole.com.