



## Harvest of the Month Recipes at Home



### Buttery Green Cabbage

*A tasty recipe your child tried at school — now easy to make at home!*

#### Ingredients

- 4 cups sliced green cabbage
- 2 Tbsp butter (or margarine)
- Pinch salt (or to taste)
- Pinch black pepper



#### Directions

1. Rinse cabbage and remove outer leaves.
2. Cut in half, remove the core, and slice into strips.
3. Add cabbage to a pot with 1 inch of water; bring to a boil.
4. Reduce heat, cover, and cook 8–10 minutes until tender.
5. Drain well; add butter, salt, and pepper. Toss gently and enjoy warm!

#### Kid Tip:

For younger children, allow them to help rinse cabbage leaves and sprinkle seasoning!

For older children, allow them to help measure ingredients and stir with an adult.

#### Quick Tip:

Do not overcook — cabbage tastes best when just tender! A shake of parmesan cheese adds a nice twist to the dish. A squeeze of lemon or pinch of garlic can add extra flavor too!

Dover Area School District School Nutrition Department • Encouraging Healthy Eaters!

For questions, contact Kelly Renard at [krenard@doversd.org](mailto:krenard@doversd.org)  
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