

Next week some of you may be celebrating “the Green”---St. Patrick’s Day, of course! It seems everyone with a drop of Irish blood (and even those like me without any!) like to celebrate on March 17.

Corned beef and cabbage is of course a tradition for this holiday. Cabbage is an inexpensive and underused vegetable in the US. It’s inexpensive and a very rich source of many nutrients, including the antioxidant vitamin C. It’s also known to be a cancer inhibitor, particularly for colon cancer. It stimulates the immune system, kills harmful bacteria, soothes ulcers and improves circulation. All these benefits are yours for only 24 calories per half cup serving! If digestive distress due to gas is why you avoid it, consider blanching the cabbage for 5 minutes, changing the water, and then continuing to cook in fresh water. Cabbage can be steamed, baked, braised, sautéed, stuffed or eaten raw-it’s extremely versatile!!

I’m fond of corned beef but often the briskets are rather fat laden. A simple solution to this is to go to the deli and get a hunk of lean corned beef already cooked and ready to go.(such as the Healthy Choice brand). Simply slice it and heat it in your microwave and make some Irish-style sides to go with it. Potatoes, carrots, onions, cabbage steamed in a boiled dinner style or try one of the recipes below for something different.

Carrots and Parsnips

(Serves 4)

8 oz. carrots
8 oz. parsnips
1 tablespoon vegetable broth
1 tablespoon chopped parsley
salt and pepper to taste

In a medium saucepan, simmer carrots and parsnips until tender when pierced with a fork. Drain and place in a mixing bowl. Add vegetable broth or 1 tablespoon of the cooking liquid, chopped parsley, and salt and pepper to taste to the cooked vegetables. Mash together. Serve hot.

Per serving= 51 calories, 1 g protein, 12 g carbs, 0.2 g fat, 0 mg cholesterol, 33 mg sodium.

Colcannon (Mashed Potatoes with Cabbage)

Ingredients

3 cups finely shredded green cabbage
1 onion, finely chopped
1/4 cup water
6 cooked potatoes, mashed or 4 cups prepared instant mashed potatoes (prepared according to directions on package)
1/4 cup low fat milk

1/4 cup trans fat free tub margarine
salt and pepper to taste

Instructions

Put cabbage, onion, and water in saucepan, and bring to a boil over high heat. Reduce heat to simmer, cover, and cook for about 8 minutes or until tender, not mushy. Add mashed potatoes, milk, butter or margarine, and salt and pepper to taste. Mix well to blend and heat through. Serve colcannon warm, as a side dish with meat, chicken, or fish.

Yield: 4 to 6 servings

In the words of the Irish:

May your troubles be less,

And your blessings be more.

And nothing but happiness

Come through your door.

I'll be gone for a couple of weeks so the Nutrition Clinic recipes will resume the last week of March.

Until then...eat healthy and enjoy!

Sally

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