

30<sup>th</sup> Anniversary Special Issue

# CookingLight

## YOUR BEST HOLIDAY COOKBOOK

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**DOUBLE  
ISSUE**

**TWICE THE  
RECIPES!**

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Pleasing  
Thanksgiving  
Recipes**  
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## A Crucifer with Character

**Think cabbage is a little too ordinary? Chef Jenn Louis, the queen of greens, is here to convince you that with the right techniques and accompaniments, the humble cabbage is nothing short of magnificent.**

**BY HANNAH KLINGER PHOTOGRAPHY BY JENNIFER CAUSEY RECIPES AND QUOTES BY JENN LOUIS**

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**CHEF JENN LOUIS** grew up in the 1970s with limp, overboiled cabbage and Brussels sprouts. “People’s education on ingredients and how to cook wasn’t as developed then,” she says. “We learned later that roasting, frying, searing, sautéing, and eating cabbage raw is really delicious.”

Cabbage was one of the first subjects Louis tackled for her latest cookbook, *The Book of Greens*, “because it’s easy, inexpensive, and so versatile.” She always keeps a head or two in her fridge (wrapped in plastic, they stay fresh for up to

two weeks). Cabbage is also incredibly healthy—brimming with vitamin C; fiber; and isothiocyanates, compounds that research has linked with a lower risk of cancer.

Once considered bland and boring, cabbage is now undeniably cool—a key player in the fermentation trend (kraut and kimchi) and the center-of-the-plate, knife-and-fork vegetable movement (cabbage “steaks” and wedges). The potential is endless and so delicious, Louis says. “Finding new ways to prepare cabbage is what makes it so fun.”



### **Red Cabbage Agrodolce with Dried Cherries**

“Agrodolce is a very Italian preparation that is less familiar to American palates, but it works so well here. Look for really good dried cherries that still have some chew to them.”

*Recipe p. 204*



STAFF FAVE

**Cabbage Salad with Miso Vinaigrette**

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“Crunchy, fresh cabbage is so satisfying. We tend to think of it in [creamy] coleslaw, but it does wonders with clean, vinegar-based dressings and a whole host of vegetables.”

*Recipe p. 204*



### **Pork and Broken Rice Cabbage Rolls**

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“A lot of cultures enjoy cabbage rolls; this is a fun take that’s a bit more unique. These rolls also store well, so you can eat them throughout the week.”

*Recipe p. 207*



### **Brussels Sprouts Giardiniera**

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"I love the crunch and versatility of this giardiniera. It's wonderful to [toss with] salads or top grilled or roasted meats. You could also shove it into a roll with a bunch of salumi for a killer sandwich."

*Recipe p. 204*



### **Cabbage Okonomiyaki (Pancakes)**

“I really like the weight and heartiness of this dish. It’s also just a lot of fun. You can use brined cabbage, fresh cabbage, or kimchi in the pancake batter.”

*Recipe p. 207*



## Roasted Cabbage Wedges with Orange and Caraway

“Searing the outside and then slowly roasting gives the wedges an incredible texture. It’s so unexpected for people how delicious a chunk of cabbage can be.”

*Recipe below*



### Roasted Cabbage Wedges with Orange and Caraway

**Active:** 15 min. **Total:** 1 hr.

These slow-roasted wedges will make a cabbage convert out of anyone and are a beautiful first course sub for the usual appetizer salad. Leave the core intact so the wedges hold their shape.

- 1 tsp. caraway seeds, crushed
- 1 tsp. grated orange rind
- ½ tsp. crushed red pepper
- ¾ tsp. kosher salt, divided
- ¼ tsp. ground turmeric
- 3 Tbsp. unsalted butter, softened
- 1 (3-lb.) head green cabbage

- 1 Tbsp. olive oil
- Cooking spray
- 2 Tbsp. chopped fresh dill

1. Preheat oven to 350°F.
2. Combine caraway, rind, pepper, ⅛ teaspoon salt, turmeric, and butter in a small bowl. Chill 5 minutes or until slightly firm.
3. Remove outer leaves of cabbage; discard. Cut cabbage vertically into quarters; cut each quarter in half to equal 8 wedges (leave core intact). Brush cabbage wedges evenly with oil. Heat a large skillet over medium. Coat pan with cooking spray. Add cabbage

wedges to pan; cook 3 minutes on each side or until browned.

4. Arrange cabbage wedges, cut sides up, on a baking sheet. Spread half of butter mixture evenly over cut sides of cabbage. Bake at 350°F for 25 minutes. Remove pan from oven; spread remaining half of butter mixture over wedges. Bake at 350°F for 20 minutes or until tender. Sprinkle with remaining ¼ teaspoon salt and dill. Serve immediately.

**SERVES 8** (serving size: 1 cabbage wedge)  
**Calories** 106; **Fat** 6g (sat 3g, unsat 3g); **Protein** 2g; **Carb** 10g; **Fiber** 4g; **Sugars** 6g (added sugars 0g); **Sodium** 131mg; **Calc** 9% DV; **Potassium** 11% DV



### Red Cabbage Agrodolce with Dried Cherries

**Active:** 20 min. **Total:** 20 min.

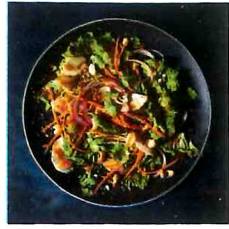
This sweet-and-sour cabbage side will perk up any pot roast or pork loin. Plump dried cherries are the tart, hidden gems in the dish. A little butter rounds out the acidity and helps bind everything together.

- ¼ cup unsweetened dried tart cherries
- ¼ cup olive oil
- ½ cups (¼-in.) diced fennel bulb
- ½ cup (¼-in.) diced yellow onion
- 2 small garlic cloves, thinly sliced
- 1 fresh rosemary sprig
- 1¾ lb. head red cabbage, shredded (about 8 cups)
- ½ tsp. kosher salt
- 1 Tbsp. sugar
- 1 Tbsp. red wine vinegar
- 1 Tbsp. unsalted butter

1. Place cherries in a small bowl; cover with boiling water. Let stand 10 minutes; drain.

2. Heat oil in a medium saucepan over medium. Add fennel and onion; sauté 3 to 5 minutes or until translucent. Add garlic and rosemary; cook 1 minute, stirring constantly (do not let garlic brown). Add cabbage and salt; cook 5 minutes or until wilted, stirring occasionally. Stir in cherries, sugar, vinegar, and butter. Remove pan from heat; discard rosemary.

**SERVES 6** (serving size: ¾ cup) **Calories** 176; **Fat** 11g (sat 2g, unsat 8g); **Protein** 3g; **Carb** 19g; **Fiber** 4g; **Sugars** 11g (added sugars 2g); **Sodium** 208mg; **Calc** 8% DV; **Potassium** 12% DV



### Cabbage Salad with Miso Vinaigrette

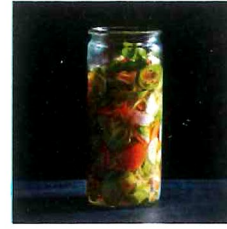
**Active:** 10 min. **Total:** 10 min.

Fresh cabbage is all about crunch; the more texture, the better. Napa cabbage can absorb bold vinaigrettes without losing its crisp bite. Carrots, red onion, and daikon radish add even more crunch to the salad.

- 3 Tbsp. unseasoned rice vinegar
- 2 Tbsp. red miso paste
- 1 Tbsp. canola oil
- 1 Tbsp. toasted sesame oil
- 2 tsp. reduced-sodium soy sauce
- 2 tsp. honey
- 1 garlic clove, thinly sliced
- 1 cup julienne-cut carrot (about 2 medium)
- ¾ cup thinly vertically sliced red onion
- 1 (1-lb.) head napa cabbage, coarsely chopped (about 5 cups)
- 1 medium daikon radish, peeled, halved lengthwise, and thinly sliced (about 8 oz.)
- ¼ tsp. kosher salt
- ¼ tsp. freshly ground black pepper
- ½ cup roasted unsalted cashews
- ¼ cup fresh cilantro leaves
- 2 Tbsp. toasted sesame seeds

1. Combine first 7 ingredients in a small bowl, stirring with a whisk. Combine carrot, onion, cabbage, and radish in a large bowl. Add vinegar mixture, salt, and pepper to cabbage mixture; toss well to coat. Sprinkle cashews, cilantro, and sesame seeds over salad.

**SERVES 8** (serving size: about ⅔ cup) **Calories** 172; **Fat** 12g (sat 2g, unsat 9g); **Protein** 4g; **Carb** 14g; **Fiber** 3g; **Sugars** 6g (added sugars 2g); **Sodium** 249mg; **Calc** 10% DV; **Potassium** 8% DV



### Brussels Sprouts Giardiniera

**Active:** 15 min. **Total:** 4 days

Now that we know to roast or shred fresh Brussels sprouts rather than boil them, the possibilities are endless. The next frontier, according to Louis, is to pickle for giardiniera. Try this condiment on sandwiches, baked fish, or a charcuterie or cheese board.

- 4 cups sliced fresh Brussels sprouts (about 1 lb.)
- 2 cups thinly sliced carrots
- 2 cups diced fennel bulb
- 1 cup thinly sliced celery
- ½ cup thinly sliced shallot
- ¼ cup kosher salt
- 1 large jalapeño, thinly sliced
- 1 cup Champagne vinegar
- 1 cup canola oil
- 2 Tbsp. fresh oregano leaves
- 1½ tsp. crushed red pepper
- ½ tsp. celery seeds
- 2 garlic cloves, thinly sliced
- ½ cup water (optional)

1. Place first 7 ingredients in a large bowl, tossing to combine. Cover with plastic wrap; chill 8 hours or overnight. Drain; rinse well. Drain.

2. Combine vinegar, oil, oregano, red pepper, celery seeds, and garlic in a bowl, stirring with a whisk until blended. Pack vegetable mixture into 1 (2-quart) jar; pour vinegar mixture over. Add up to ½ cup water as needed to cover vegetables. Cover; refrigerate 3 days. Drain before serving.

**SERVES 16** (serving size: ½ cup) **Calories** 60; **Fat** 4g (sat 0g, unsat 3g); **Protein** 1g; **Carb** 7g; **Fiber** 2g; **Sugars** 2g (added sugars 0g); **Sodium** 210mg; **Calc** 3% DV; **Potassium** 7% DV



## Pork and Broken Rice Cabbage Rolls

**Active:** 15 min. **Total:** 1 hr. 15 min.

Though typically thought of as an Eastern European dish, cabbage rolls can actually be found in several cuisines, Louis says. She adopts a Far East approach here, using soy sauce, ginger, sesame, and broken jasmine rice. Broken rice is exactly what it sounds like—fragments of rice grains. Look for it in Asian markets, or use standard jasmine rice.

### DRESSING

- ¼ cup reduced-sodium soy sauce
- ¼ cup water
- 2 tsp. Sriracha chili sauce
- 1 tsp. rice wine vinegar
- 1 tsp. minced fresh ginger
- ½ tsp. toasted sesame seeds
- ¼ tsp. toasted sesame oil
- ¼ tsp. sugar
- 2 garlic cloves, thinly sliced
- 2 green onions, thinly sliced

### CABBAGE ROLLS

- 8 cups water
- 1 tsp. kosher salt, divided
- 12 large inner savoy cabbage leaves
- ¾ tsp. toasted sesame oil, divided
- 1 cup uncooked broken or regular jasmine rice
- ¾ cup finely chopped yellow onion
- ¼ cup chopped fresh cilantro leaves and stems
- 1 Tbsp. minced peeled fresh ginger
- ½ tsp. crushed red pepper
- 1 lb. ground pork
- 1 cup unsalted chicken stock
- ½ tsp. fish sauce

1. To prepare the dressing, combine first 10 ingredients in a bowl, stirring with a whisk. Let stand at room temperature 1 hour.

2. Preheat oven to 375°F.

3. To prepare the cabbage rolls, bring 8 cups water and ¾ teaspoon salt to a boil in a large stockpot. Add cabbage leaves; cook 3 minutes or until leaves are very tender. Drain; plunge leaves into a bowl filled with ice water. Let stand 2 minutes; drain and pat dry. Remove center rib of each leaf with a paring knife.

4. Combine remaining ¼ teaspoon salt, ¼ teaspoon oil, rice, and next 5 ingredients (through pork) in a large bowl. Divide and shape pork mixture into 12 oval-shaped meatballs, each about the width of a cabbage leaf. Place 1 cabbage leaf on a work surface with the stem end facing toward you. Place 1 meatball in center of leaf. Fold sides of leaf over filling; roll up. Place, seam side down, in an 11- x 7-inch glass or ceramic baking dish. Repeat procedure with remaining cabbage leaves and meatballs.

5. Combine remaining ½ teaspoon oil, stock, and fish sauce in a glass measure; pour over cabbage rolls in dish. Cover with foil; bake at 375°F for 45 minutes. Remove foil; bake at 375°F for 15 minutes, basting cabbage rolls with pan juices every 5 minutes. Arrange cabbage rolls on a platter; spoon remaining pan juices over top. Serve with dressing.

**SERVES 6** (serving size: 2 cabbage rolls and about 1 Tbsp. dressing) **Calories** 355; **Fat** 17g (sat 6g, unsat 9g); **Protein** 18g; **Carb** 32g; **Fiber** 2g; **Sugars** 4g (added sugars 0g); **Sodium** 644mg; **Calc** 6% DV; **Potassium** 13% DV



## Cabbage Okonomiyaki (Pancakes)

**Active:** 15 min. **Total:** 30 min.

Find togarashi (also called Japanese seven spice) at Asian markets.

- 1 lb. green cabbage, finely shredded (about 5 cups)
- 4 tsp. shichimi togarashi (Japanese spice blend), divided
- 1½ tsp. sugar
- ½ tsp. kosher salt
- ⅓ cup thinly sliced green onions, divided
- 5 large eggs, lightly beaten
- 4 center-cut bacon slices, cooked and crumbled
- 2.9 oz. all-purpose flour (about ⅔ cup)
- 2 Tbsp. canola oil, divided
- ¼ cup canola mayonnaise
- 1 Tbsp. unseasoned rice vinegar
- 1 Tbsp. water

1. Preheat oven to 200°F.

2. Combine cabbage, 1 tablespoon togarashi, sugar, and salt in a bowl; let stand 15 minutes, stirring occasionally. Stir in 3 tablespoons green onions, eggs, and bacon. Fold in flour.

3. Heat 1½ teaspoons oil in an 8-inch nonstick skillet over medium-high. Add 1 cup cabbage mixture; flatten with a spatula. Cook 2 to 3 minutes on each side or until golden brown. Place pancake on a baking sheet; keep warm in 200°F oven. Repeat procedure 3 times with remaining 1½ tablespoons oil and cabbage mixture.

4. Combine remaining 1 teaspoon togarashi, mayonnaise, vinegar, and 1 tablespoon water in a bowl; drizzle over each pancake. Top with remaining green onions.

**SERVES 4** (serving size: 1 pancake and about 1 Tbsp. mayonnaise mixture) **Calories** 346; **Fat** 20g (sat 4g, unsat 16g); **Protein** 15g; **Carb** 26g; **Fiber** 4g; **Sugars** 6g (added sugars 2g); **Sodium** 602mg; **Calc** 10% DV; **Potassium** 11% DV