



The Kitchen at Second Harvest Sauerkraut try at home recipe

Recipe modified from Food Smarts

flip to learn more!



Ingredients

- Small head cabbage (~1.5 lbs), finely shredded (about 6 cups)
- 1 tbsp. sea salt

Directions

1. Combine shredded cabbage and sea salt in a bowl and massage for about 5 minutes. Liquid should be released during this process.
2. Allow the cabbage mixture to sit for ~1 hour.
3. Pack the cabbage into an airtight container. Make sure the line of the liquid (also known as the "brine") is covering and above the cabbage, otherwise mold may grow. Seal the container. If needed, make more brine by dissolving 1 Tbsp salt in 1 cup of water.
4. Place the container on your countertop and allow your cabbage to ferment for at least five days (the longer the fermentation, the tangier the taste). Open the container once a day to release the pressure. Check to make sure the brine is still covering the cabbage. Push down the cabbage if needed.
5. Once the sauerkraut is fermented to your taste, transfer to the fridge. Serve and enjoy!



Yield: ~ 6 cups

Serving Size: 1/2 cup

Find more recipes, free classes,
and ways to get involved!



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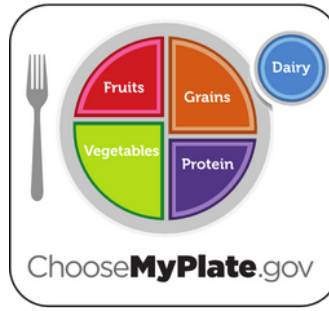


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Featured Food Groups

The benefits of healthy eating add up over time, bite by bite. Small changes matter. Start Simple with MyPlate.

A healthy eating routine is important at every stage of life. It can have positive effects that add up over time. It's important to eat a variety of fruits, vegetables, grains, protein foods, and dairy or fortified alternatives. When deciding what to eat or drink, choose options that are full of nutrients. Make every bite count.



Any **vegetable** or 100% vegetable juice counts as part of the Vegetable Group. Vegetables may be raw or cooked and can be fresh, frozen, canned, or dried. They can be whole, cut-up, or mashed.

Cooking Tips

- The ideal temperature for fermenting is 65-72 F (18-22 C). Place your jar in a cool, dark place (e.g. inside your cabinet) if you live in a hotter climate. Place your jar in a warmer place (e.g. on top the fridge) if you live in a colder climate.
- Store leftovers in the refrigerator up to 3 months.
- Add extra spices like black peppercorns, garlic, or red pepper flakes for a unique flavor twist!

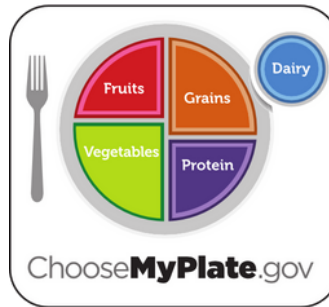
This material was funded by USDA's Supplemental Nutrition Assistance Program – SNAP. This institution is an equal opportunity provider.



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Nutrition Facts

Nutrition Facts	
6 servings per container	
Serving size	12 Cup
Amount Per Serving	
Calories	30
	<small>% Daily Value*</small>
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 1200mg	52%
Total Carbohydrate 7g	3%
Dietary Fiber 3g	11%
Total Sugars 4g	
Includes 0g Added Sugars	0%
Protein 2g	4%
Vitamin D 0mcg	0%
Calcium 52mg	4%
Iron 0.54mg	4%
Potassium 188mg	4%
<small>*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.</small>	

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