

### **CABBAGE (RED OR GREEN)**

1. Wash the cabbage heads and trim away the outer leaves.
2. Remove the core
3. Shred/grate the cabbage head.
4. Blanching for 1 minute is optional.
5. Dehydrate cabbage at 130°F for 8-10 hours or until crisp.

Dried cabbage can be added directly to soups or stews without re-hydrating. Red cabbage loses some of its color when re-hydrated.

To re-hydrate, soak in cold water with a little lemon juice for 30 minutes and drain