

Cabbage

Cabbage is a superfood.

It is packed with glucosinolates which are phytonutrients, important for helping the body's own natural antioxidant systems.

Cabbages and other cruciferous vegetables, like Brussels sprouts and cauliflower, have been shown to reduce the risk of some cancers.

One serving (100g) of steamed cabbage contains only 16 calories but around half an adults daily requirement of vitamin C! Cabbage is also an excellent source of soluble and insoluble fibre.

You can steam, braise, stir-fry and pickle cabbage but don't just take my word for it, check out the BBC Good Food website, it has 11 pages of recipe ideas for cabbage – who says cabbage is just a soggy pile of mush with your Sunday dinner?