



# ENJOY THE FLAVORS OF EASTERN EUROPE

Whole grains are very popular in the eastern European countries, including barley, buckwheat, wheat, millet, and rye. For an extra boost of nutrition, try making a sandwich with rye bread.



## Follow the MyPlate guidelines to help your family eat well!

- ▶ Make half your plate fruits and vegetables.
- ▶ Switch to skim or 1% milk.
- ▶ Make at least half your grains whole.
- ▶ Vary your protein food choices.
- ▶ Keep your food safe to eat—learn more at [www.FoodSafety.gov](http://www.FoodSafety.gov).
- ▶ Choose foods and drinks with little or no added sugars.
- ▶ Look out for salt (sodium) in foods you buy—it all adds up.
- ▶ Eat fewer foods that are high in solid fats.

In eastern European countries such as Russia, Ukraine, Poland, and Bulgaria, people love to eat fresh fruits and vegetables. These include apples, apricots, cherries, eggplant, beets, and cabbage.

Cabbage, the darling of vegetables in this region, is packed with fiber and Vitamin C.

## CABBAGE AND POTATO SOUP

### Ingredients:

- 1 tablespoon olive oil
- ½ pound red or white potatoes, skin on, cut into ¼-inch pieces
- 4 garlic cloves, chopped
- ½ large onion, thinly sliced\*
- 5 cups chicken or vegetable broth (try lower sodium broth)
- 1½ cups northern or cannellini beans, canned, drained, and rinsed\*
- ½ medium-sized cabbage, cored and sliced into ¼-inch ribbons\*

### Directions:

1. Heat olive oil in a large pot over medium-high heat. Stir in potatoes.
2. Cover and cook until they start to brown (about 5 minutes). Stir midway through cooking.
3. Stir in the garlic and onion and cook until the onion softens a little (2 to 3 minutes).
4. Add stock and beans and bring the pot to a simmer, about 10 minutes.
5. Stir in the cabbage and cook for 2 minutes, or until cabbage softens.
6. If desired, sprinkle with parmesan cheese before serving.

**Yield:** 4 servings

### Nutrition Information (per serving):

Calories 228; Fat 4 grams;  
Sodium 580 milligrams; Fiber 9 grams

\*WIC supplemental food

