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1. 5 Ingenious Ways to Cook With Cabbage, According to Social Media
 2. How to Cook More Cabbage, According to Social Media
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 5. 5 Trendy Ways to Cook With Cabbage — That Are Actually Delicious
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If your cooking goals for this year are anything like mine, they might include spending less on groceries while also cooking more at home. And trust me, those two goals are not incompatible.

The key to more affordable and abundant home cooking is learning which ingredients will go a long way without costing an arm and a leg. For example, canned beans are shelf stable, can be used in a variety of ways, and add inexpensive protein into your cooking routine. Or for a dinner party side dish, when I need to feed a lot of people, I'll often roast whole carrots before finishing them with a simple glaze — they look beautiful on a platter and don't cost a lot.

Buying fresh greens on a budget can be challenging, especially if you're cooking for a smaller household. A box of spring mix or bunches of tender lettuce like green leaf will go bad quickly, and they can't be cooked so it may take longer to use them up. This is exactly why you'll consistently find cabbage on my grocery list.

Cabbage is one of the most affordable and long lasting greens you can buy. A whole head of cabbage can last in your fridge for two weeks or longer when stored properly. They tend to be big, so if you only use half, just wrap up the other piece tightly in plastic wrap and store it in the crisper drawer and it will likely last just as long. But the best part about cabbage is just how versatile it is; you'd be hard pressed to run out of ways to use this hardy green. Social media has grown increasingly fond of cabbage over the past year, with content creators coming up with endless techniques for cooking with it. So to kickstart a year of celebrating all things cabbage, here are a few internet-inspired ideas for how to incorporate it into your meals.

Chopped salads

It's possible that the most famous salad to hit the internet in recent years was Baked by Melissa's (Melissa Ben-Ishay) salad with a vivid green, creamy green goddess dressing. And it all starts with chopped cabbage. I love using cabbage in salads because it's a hardier green, so it keeps me full for longer. Because cabbage is crunchy, it lends itself especially well to a chopped salad. It won't lose its texture once diced, and it can even hold up to dressing overnight. So feel free to batch your [cabbage chopped salads](#) for the week.

Braised cabbage

Just like when you braise meat, slowly cooking cabbage with liquid helps infuse it with flavor and yields meltingly-tender leaves. This is also one of the easiest ways to cook cabbage, because it requires minimal chopping and most of the cooking is done in the oven, yielding a centerpiece-worthy dish or a standout side. Quite a few creators — like Brandon Skier, who went viral for his [braised cabbage](#) recipe in 2023 — recommend searing wedges before you braise them, to achieve a caramelized exterior.

Fried cabbage

There are undoubtedly a wide variety of stir-fried cabbage dishes around the world, but when I say “fried cabbage” I'm talking about a classic Southern side that everyone should know about — and luckily content creators are bringing it to our feeds. Chopped cabbage and onions are sauteed in rendered bacon fat to create this simple side, before being tossed with crisp pieces of bacon for texture. Different recipes may call for a variety of seasonings or other additions, but the core ingredients of cabbage, onions, and bacon usually remain the same.

Cabbage rolls

You can find stuffed cabbage all over the world, in [dozens](#) of unique forms across different cultures — and that variety is visible on social media too. Search “cabbage rolls” or “stuffed cabbage” on Instagram and TikTok, and you’ll find an endless array of recipes for tender leaves wrapped around fillings that usually include ground meat or tofu, aromatics, and seasonings.

Quite a few renditions of stuffed cabbage (although certainly not all) come smothered in a savory tomato sauce — which I find so comforting on a cold day — like the Dominican [Niños Envueltos](#) or the Hungarian Töltött káposzta.

Cabbage steaks

Before you scoff at the term “[cabbage steaks](#),” I recognize that this cruciferous vegetable is not the same as a filet mignon. But rather this name refers to giving cabbage the steak treatment by slicing it into round, steak-like slabs. This creates a larger surface area, so more parts of the cabbage can become browned and caramelized in the oven or on the stovetop, which is how you achieve more flavor. Some creators are amping up the caramelization even further by baking the vegetable with a marinade or glaze.