

Turkey Cabbage Rolls

Ingredients:

1/2 cup Brown Rice	1 T Olive Oil
1 head Cabbage	32 oz Tomato Sauce
1 pound Ground Turkey	15 oz Crushed Tomatoes
1 Egg	1 t Worcestershire Sauce
1 medium Onion, diced	1 Lemon
6 cloves Garlic, diced	2 T Brown or Coconut Sugar
1 t salt, pepper to taste	Chopped Parsley (garnish)



Directions: Cook brown rice in rice cooker or stovetop according to package directions and set aside. Set large stock pot to boil over stove. Core cabbage and drop carefully into boiling water. Blanch 3-4 minutes until leaves begin to fall off head. Remove and rinse with cold water. Remove 16 outer leaves and set aside. Chop remaining cabbage and add to bowl along with turkey, egg and brown rice. Add olive oil to skillet and sautee garlic and onion until soft. Add half the tomato sauce and spices. Add half of sauce mixture to turkey/egg/rice which will become the filling. Add remaining ingredients to sauce. Roll 1/4 cup filling in each cabbage leaf and place in baking dish. Top with sauce and cover with foil. Bake at 350 for 1 1/2 hours until meat is 165 F and sauce is bubbling. Remove from oven and top with chopped parsley.



Recipe by: Beth Michaels, RD, CDE

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Nutrition Information per Roll:

Calories: 125

Fat: 3 grams

Protein: 11 grams

Carbohydrates: 14 grams

Fiber: 3 grams

Sodium: 400 mg

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