

Turkey Stuffed Cabbage

(Makes 5 servings – Serving size: 2 rolls each)

This recipe is low in sodium and saturated fat but high in lean protein and iron from the combination of lean beef and ground turkey. This is a great way to enjoy the traditional St. Patrick's Day flavor without the extra saturated fat and sodiums.



Ingredients:

- 1 head of cabbage
- ½ lb. lean ground beef
- ½ lb. ground turkey
- 1 small onion, minced
- 1 slice stale whole wheat bread, crumbled
- 1 tablespoon lemon juice
- ¼ cup water
- 1/8 teaspoon black pepper
- 1 can (16 oz.) diced tomatoes
- 1 small onion sliced
- 1 cup water
- 1 medium carrot, sliced
- 1 tablespoon lemon juice
- 2 tablespoons brown sugar
- 1 tablespoon cornstarch

Directions:

- 1) Rinse and core cabbage. Carefully remove 10 outer leaves, place in saucepan and cover with boiling water. Simmer 5 minutes. Remove and drain cooked cabbage leaves on paper toweling.
- 2) Shred ½ cup of raw cabbage and set aside.
- 3) Brown ground beef and turkey and minced onion in skillet. Drain fat.
- 4) Place cooked and drained meat mixture, bread crumbs, water and pepper in mixing bowl.
- 5) Drain tomatoes, reserving liquid, and add ½ cup tomato juice from can to meat mixture. Mix well; then place ¼ cup filling on each parboiled, drained cabbage leaf. Place folded side down in skillet.
- 6) Add tomatoes, sliced onion, water, shredded cabbage, and carrot. Cover and simmer about 1 hour (or until cabbage is tender), basting occasionally.
- 7) Remove cabbage rolls to serving platter, keep warm.
- 8) Mix lemon juice, brown sugar and cook, stirring occasionally, until thickened and clear. Serve over cabbage rolls.

Nutritional Analysis: (per serving – 2 rolls)

- Calories: 257
- Total Fat: 9 g
- Saturated Fat: 3 g
- Cholesterol: 54 mg
- Sodium: 266 mg

Source:

National Institutes of Health (NIH)