

Cabbage Roll Skillet Casserole

- You can substitute chopped brussel sprouts for cabbage
- Choose low-sodium canned goods to help keep this recipe heart healthy
- Substitute other lean protein sources for ground turkey – like chicken, lean ground beef or beans
- Switch this recipe up by swapping pasta for rice.
- Choose brown rice or whole wheat pasta for an extra boost of fiber.

Nutrition Facts	
6 servings per container	
Serving size	1 cup
Amount per serving	
Calories	250
% Daily Value*	
Total Fat 7g	9%
Saturated Fat 1.5g	8%
<i>Trans Fat</i> 0g	
Cholesterol 40mg	13%
Sodium 190mg	8%
Total Carbohydrate 35g	13%
Dietary Fiber 5g	18%
Total Sugars 6g	
Includes 0g Added Sugars	0%
Protein 15g	
Vitamin D 0mcg	0%
Calcium 80mg	6%
Iron 3mg	15%
Potassium 578mg	10%
<small>*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.</small>	

Cabbage Roll Skillet

Servings: 6

Prep Time: less than 20 minutes



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Ingredients:

- 3 cups brown rice, cooked
- 1 small onion, chopped
- 2 cloves garlic, minced or 1 teaspoon garlic powder
- 1 teaspoon olive oil
- 1/2 head cabbage, cut into 1 inch squares
- 1 can (14oz.) crushed tomatoes
- 1 Tablespoon tomato paste
- 3/4 pound extra lean ground turkey

Directions:

1. Cook rice according to package directions.
2. In a large skillet over medium heat, sauté onion and garlic in oil until almost soft. Add ground turkey and cook until brown. Drain fat and place meat back to skillet.
3. Add tomatoes, tomato paste and cabbage. Cover and simmer until cabbage is soft, stirring occasionally.
4. Stir in rice and heat through. Season with salt and pepper and Italian Seasoning if desired

Recipe Credit:

Produce for Better Health Foundation (PBH)