

CABBAGE ROLL SKILLET

HIGH FIBER, LOW SODIUM

INGREDIENTS

- 1 tablespoon olive oil
- 1/2 head green cabbage, chopped
- 1lb ground turkey
- 1 can (8 ounce) no salt added tomato sauce
- 1 can (15 ounce) no salt added crushed tomatoes
- 1 teaspoon garlic powder
- 1 teaspoon onion powder
- 1 teaspoon paprika
- 1/2 teaspoon black pepper
- 1/2 cup water
- 2 cups brown rice, cooked

INSTRUCTIONS

1. Roughly chop your cabbage
2. heat 1 tablespoon olive oil over medium high heat
3. Sauté cabbage for 5 minutes
4. Add 1lb ground turkey and cook until browned
5. Add in tomato sauce, crushed tomatoes, spices, and water
6. Cover with lid and simmer 10 minutes
7. Add rice and stir well to combine



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4 SERVINGS



20 MIN