

Unstuffed Cabbage

Serves 4

This is a twist on a traditional favorite. Bonus: it's a one-dish meal!

- 1 cup onion, chopped
- $\frac{3}{4}$ pound (12-ounce) lean ground beef or turkey
- 3 cups cabbage, shredded
- 1 (15-ounce) can stewed tomatoes with juice
- 1½ cups rice, cooked
- $\frac{1}{3}$ cup low-fat, low sodium chicken broth
- 1 teaspoon thyme, crushed
- 1 teaspoon garlic powder
- pepper to taste

1. Spray a large skillet with nonstick cooking spray and cook the onion and ground meat, crumbling it into the pan. Sauté the meat until thoroughly cooked. Rinse with warm water and drain.

2. Add the remaining ingredients. Bring to a boil, lower the heat and simmer, covered. Simmer until excess liquid has evaporated, about 5-10 minutes.

Nutrition information: calories 228, total fat 6g, saturated fat 2g, sodium 173mg, carbohydrate 25g, dietary fiber 5g, protein 20g.

Healthy Tip

Use other grains such as brown rice, barley, or wheat berries for additional vitamins, minerals, and fiber as well as more texture and flavor. Follow rice cooking directions but cook for 30-45 minutes.

