Featured Recipe at

The Nest in Louisville Hall

Vegetarian Stuffed Cabbage Rolls

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7 7/8 oz Marinara Sauce (canned) 2 2/3 oz Water

1 lb Fresh Green Cabbage - separated from head

1/3 oz White Rice converted - raw

3 2/3 oz Morning Star Vegetable Patty - crumbled

1/3 oz Yellow Onion - diced

1/4 oz Bread Crumbs

1/8 tsp Salt

1/8 tsp Ground Black Pepper 1 tsp Garlic Powder

1 1/3 oz Tomato Juice - canned

Place cabbage in boiling water or steamer for 5 minutes to soften leaves. Drain well.

Combine rice, veggie crumbles, onion, bread crumbs, salt, pepper, garlic powder and tomato juice. Mix well.

Portion a spoon full of mix in the center of each cabbage leaf. Roll tightly. Place the rolls in a square pan.

Pour the marinara sauce over the top. Cover with foil. Bake at 350 degrees for $1\frac{1}{2}$ hours or until the middle is 165 degrees for 15 seconds.

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