



Cabbage Rolls

12 cabbage leaves	1 teaspoon garlic salt	¼ cup chopped green pepper
1 pound lean ground beef	¼ teaspoon pepper	1 teaspoon sugar
1 cup cooked brown rice	½ teaspoon dried basil	1 tablespoon cornstarch
1 (15 ounce) can tomato sauce	½ teaspoon dried oregano	1 tablespoon water
	½ cup chopped onion	

Cover cabbage leaves with boiling water. Let **stand** until leaves are limp, about 4 minutes. **Drain**. When cool, **trim** away excess ridge on leaf for easier rolling. **Mix** beef, rice, ½ cup tomato sauce, garlic salt, pepper, basil, oregano, onions and green pepper. **Put** ⅓ cup in each leaf, starting at leaf end; **roll**, tucking in the sides. **Place** seam side down in a 9-by-11-inch baking dish. **Mix** remaining tomato sauce with the sugar, **pour** over rolls. **Cover** and **bake** at 350 degrees F for

1 hour. **Remove** cabbage rolls from baking dish, **pour** juice in a saucepan. **Mix** cornstarch and water; **stir** into saucepan. **Heat** and **stir** until mixture boils, **cook** 1 minute. **Serve** sauce with cabbage rolls.

Yield: 6 servings, 2 rolls each

Nutritional Analysis: 190 calories, 4 g fat, 1.5 g saturated fat, 40 mg cholesterol, 550 mg sodium, 24 g carbohydrate, 6 g fiber, 9 g sugars, 18 g protein.

Kentucky Cabbage

SEASON: June to July and September to November

NUTRITION FACTS: Cabbage is low in fat and calories and is rich in vitamin A.

SELECTION: Leaves should be crisp and free of insects and decay. Avoid burst heads. Choose firm cabbages that are heavy for their size.

STORAGE: Cover loosely and store in refrigerator for up to 2 weeks. Wash just before using.

PREPARATION: Discard outer leaves and core.

To boil: Do not use aluminum pan. Cut cabbage

into quarters and boil in water for 10 to 15 minutes, until tender. Drain and serve hot.

To steam: Place cabbage (shredded, wedges or whole leaves) into a steamer basket. Cook 12 to 15 minutes, until tender. To bring out the natural flavor, add apples, pears, raisins, curry, caraway, dill or onions.

To stir-fry: Shred cabbage and place in a skillet that has been sprayed with cooking spray or oil. Cook quickly over high heat, stirring constantly.

KENTUCKY CABBAGE

Kentucky Proud Project

County Extension Agents for Family and Consumer Sciences

University of Kentucky, Dietetics and Human Nutrition students

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Source: www.fruitsandveggiesmatter.gov

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