

TURKEY-CABBAGE CASSEROLE

4 Servings, about 2 cups each

<u>Cabbage, shredded</u>	<u>1 cup</u>
<u>Ground turkey</u>	<u>1 pound</u>
<u>Onions, chopped</u>	<u>1/2 cup</u>
<u>White rice, uncooked</u>	<u>1 cup</u>
<u>Tomato sauce</u>	<u>2 cups</u>
<u>Garlic powder</u>	<u>1/2 teaspoon</u>
<u>Ground oregano</u>	<u>1/2 teaspoon</u>

PREPARATION TIME: 10 MINUTES

COOKING TIME: 60 MINUTES

1. Place shredded cabbage in a lightly greased 2-quart casserole dish.
2. In skillet cook turkey until browned and no longer pink in color. Add chopped onions; stir occasionally and cook 3 minutes. Add uncooked rice to cooked turkey.
3. Place turkey-rice mixture over cabbage in casserole dish.
4. Combine tomato sauce, garlic, and oregano. Pour over cooked turkey.
5. Cover and bake at 350° F, about 1 hour.

PER SERVING:

<u>Calories</u>	<u>380</u>
<u>Total fat</u>	<u>11 grams</u>
<u>Saturated fat</u>	<u>3 grams</u>
<u>Cholesterol</u>	<u>77 milligrams</u>
<u>Sodium</u>	<u>829 milligrams</u>