

Turkey-Cabbage Casserole

8 SERVINGS, ABOUT 1 CUP EACH



Ingredients:

- 1 cup cabbage, shredded
- 1 pound ground turkey
- 1/2 cup onion, chopped
- 1 cup white rice, uncooked
- 2 cups tomato sauce
- 1/2 tsp. garlic powder
- 1/2 tsp. ground oregano
- 1/2 cup low-fat colby or cheddar cheese, grated

Directions:

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. Sprinkle grated cheese on top. Cover and bake at 350°F, about 1 hour.

Note: To reduce sodium content, use reduced sodium tomato sauce.

*Per Serving: 190 Calories; 7 grams Total fat; 2.5 grams Saturated fat; 425 mg Sodium
1 cup = 2 protein ounces; 1-1/2 grain ounces; 1/2 cup vegetable*