

# Mix It Up! with Gina

## Gina's Recipe of the Week

### Turkey Stuffed Cabbage Rolls

My family really loves my Turkey Stuffed Cabbage Rolls. They always ask for them during the chilly winter months. Since this recipe uses ingredients like cabbage, extra lean ground turkey and brown rice, it is a comfort food that you can enjoy without the guilt! My recipe will make a tray of 15-20 cabbage rolls, so they're also great to bring to social gatherings. Enjoy! -Gina



**Prep Time:** 20 mins | **Ready in:** 1 hr 20 mins | **Servings:** 4-6

### Mix It Up...

#### Preheat oven to 350 degrees F.

Remove the outer leaves of the cabbage that have blemishes or tears. Cover the bottom of a baking dish with a layer of these leaves. Doing so will prevent your stuffed cabbage rolls from burning.

Cut in a circle all around the stem of the cabbage and remove the core.

Place the cabbage in a large pot and fill it with water, covering the entire cabbage head. Bring to boil.

After about 2 minutes, the leaves will start to come loose. Pull them each off and out of the water using tongs. Repeat until you have at least 15-20 leaves. Pat leaves dry with paper towels. Set aside.

In a medium skillet, add 2 tablespoons olive oil and add onion. Cook until softened and translucent in color. Set aside to cool.

In a mixing bowl combine rice, ground turkey, cooled onions, salt, pepper and parsley.

With stem side of cabbage leaf facing you, place a heaping teaspoon of the mixture in the center of cabbage leaf. Fold the bottom edge over the mixture and then fold the sides over and roll into a tidy package.

Place the cabbage rolls, seam side down in the baking dish which you previously layered with the outside cabbage leaves.

Pour Tomato sauce over cabbage rolls. Add 2 tablespoons of margarine on top of sauce.

Cover with foil and bake for one hour. Remove cover for the last 20 minutes of baking time.

This will make a tray of 15 to 20 cabbage rolls.

### Ingredients

- 1 Medium Head of Cabbage
- 1 Pkg. Extra Lean Ground Turkey
- 6 Cups Cooked Brown Rice
- 1 Small Yellow Onion, finely chopped
- 3/4 Teaspoon Salt
- 1/2 Teaspoon Ground Pepper
- 1 Tablespoon Parsley Flakes
- 1 Can 28 oz. Crushed Tomatoes
- 2 Tablespoons Olive Oil
- 2 Tablespoons Margarine

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