



## Floosh's Stuffed Cabbage



1/7th of recipe (2 cabbage rolls with sauce): 260 calories, 6.5g total fat (2g sat. fat), 629mg sodium, 32.5g carbs, 3g fiber, 24g sugars, 18g protein

**Prep:** 45 minutes    **Cook:** 1 hour 10 minutes

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### Ingredients

#### Cabbage

1 extra-large head green cabbage (large enough to yield 14 large leaves), core carefully removed with a sharp knife

#### Filling

1 1/4 lbs. raw lean ground turkey  
3/4 cup finely chopped onion  
1/3 cup ketchup  
1 1/2 tbsp. tomato paste  
1/2 tbsp. Truvia spoonable no-calorie sweetener (or another natural brand that's about twice as sweet as sugar)  
1/2 tbsp. chopped garlic

#### Sauce

2 cups low-fat marinara sauce  
3/4 cup jellied cranberry sauce  
1/3 cup low-sugar grape jelly  
1/3 tsp. salt

### Directions

Place cored cabbage head in an extra-large pot and cover with water. Bring to a boil.

Cover and cook, rotating cabbage occasionally, until the leaves soften, loosen, and begin to fall off the head, 5 - 7 minutes. Remove pot from heat. Drain cabbage and set aside to cool.

Meanwhile, in a large bowl, thoroughly mix filling ingredients. In a medium bowl, mix sauce ingredients.

Gently remove 14 large leaves from cabbage head. (Refrigerate the rest for another use.)

Lay one cabbage leaf on a dry surface and top with 2 heaping tbsp. filling. Spread out filling, fold in the sides of the cabbage, and roll up cabbage to enclose the filling.

Spray the extra-large pot with nonstick spray, and place cabbage roll in the pot, seam side down. Repeat with remaining 13 leaves and filling, gently stacking the rolls in the pot.

Cover cabbage rolls with prepared sauce. Cover the pot and set temperature to low. Cook for 1 hour, or until filling is cooked through.

#### MAKES 7 SERVINGS

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