

Cabbage



Cabbage is a member of the *Brassica* family, also known as cruciferous vegetables. It is high in vitamins C and K along with dietary fiber. The powerful nutrient and antioxidant quality of cabbage helps to prevent against certain cancers, heart disease, Alzheimer's, skin disorders, eye disorders, arthritis, muscle aches, and constipation.

Deconstructed Cabbage Rolls adapted from LeAnne Brown's *Good and Cheap*
Serves 6 Total cost \$9.00 Cost per serving \$1.50

Ingredients

1 tablespoon butter	1 fresh sausage link, casing removed
1 onion, chopped	4 cloves garlic, finely chopped
1 small or ½ large cabbage, cored and chopped	
3 cups cooked rice	4 cups cooked lentils
3½ cups canned tomatoes, puréed, or tomato sauce	
salt and pepper	

Directions

1. Heat the oven to 350 °F. Melt the butter in a large pan over medium heat. Slice the casing off the sausage and crumble the raw meat into the pan. Sauté the meat until it's no longer pink, then move it to a large bowl.
2. Sauté the onion and garlic in the same pan, with the sausage drippings. Once the onion turns translucent, add the cabbage and sauté for 5 to 7 minutes, until tender. Season generously with salt and pepper. While the cabbage cooks, mix the rice and lentils into the sausage bowl. Add salt, pepper, and any other spices you'd like. Make sure you taste the mixture as you season it.
3. Lightly oil a large casserole dish. Spread the lentil-rice-sausage mixture into an even layer. Next, spread the cabbage mixture on top. Then, as evenly as possible, pour the puréed tomatoes over top. Sprinkle with salt and pepper. Bake until hot and bubbly, approximately 30 minutes.