

## Beef

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# Cabbage Rolls

12 leaves green cabbage leaves  
6 ounces hot Italian turkey sausage, casing removed  
2 1/2 tablespoons water, as needed  
1/2 cup green onions, thinly sliced  
1 1/2 cups white rice, cooked  
1/3 cup sauerkraut, rinsed, drained and squeezed dry  
2 large egg whites  
1/4 cup golden raisins  
1 can (14.5 oz) stewed tomatoes, chopped  
1/4 cup tomato paste

Cook cabbage leaves, 2 to 3 at a time, for 2-3 minutes; drain.

In large non-stick skillet, place sausage and 1 tablespoon of water. Cook over medium heat breaking sausage into chunks for 6-8 minutes or until done. If skillet dries out, add more water.

Stir in green onion and one teaspoon of water.

Cook, stirring for 1 minute or until green onion is soft.

Transfer mixture to a medium bowl. When cool enough to handle, crumble sausage as finely as possible.

Add cooked rice, sauerkraut, egg whites, raisins and 1/4 cup of stewed tomatoes to sausage mixture.

Pre-heat oven to 375 degrees

Cut out thick veins from cabbage leaves.

Place one leaf flat on surface and spoon in sausage mixture. After folding in sides, roll leaf and place seam side down in a 11x7-inch baking dish.

In small bowl, combine remaining stewed tomatoes and tomato paste. Pour over cabbage rolls in baking dish. Cover and bake for 45 minutes or until bubbly and tender.

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Per Serving (excluding unknown items): 1395 Calories; 4g Fat (2.3% calories from fat); 39g Protein; 307g Carbohydrate; 20g Dietary Fiber; 0mg Cholesterol; 1284mg Sodium. Exchanges: 14 1/2 Grain(Starch); 1 Lean Meat; 9 1/2 Vegetable; 2 Fruit.