



Supported by the City of Minneapolis through funding from the Statewide Health Improvement Program, Minnesota Department of Health

EVERYBODY NEEDS HEALTHY FOOD

Cabbage Rolls

Serves 4

INGREDIENTS

- 1/2 head cabbage
- 1/2 onion chopped
- 3 garlic cloves minced
- 2 Tbsp olive oil
- 1 carrot shredded
- 1/2 cups zucchini chopped
- 1/2 cups rice cooked
- Salt and pepper to taste
- 2 cups tomato sauce

Carefully tear the leaves off the head of the head of cabbage. Place the leaves in a medium sized bowl with boiling water and let sit for 10 min.

While the cabbage is soaking, prepare the cabbage by sautéing the onions and garlic together for 4 min. Add the carrots, garlic, and zucchini and cook for another 5 min.

Spoon the vegetable mixture into the cabbage leaves and roll up. Place the cabbage roll in the skillet with the sauce. Cook on low heat for 30-40 minutes.

What's so great about cabbage?

Cabbage is rich in Vitamin C, which strengthens the immune system and fights off disease. It also contains fiber and iodine to keep your body and mind healthy!



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