

CABBAGE CAKE

Ingredients:

- ½ head cabbage
- 1 pound ground beef
- 1 tablespoon onion flakes
- 1 cup green pepper diced
- 2 cloves of garlic minced
- 1 teaspoon dried basil
- 1 tablespoon of Worcestershire sauce
- **2 Diet Right Cheese Sauce Mix—mix with water until creamy but thick**
- 1 cup “no added sugar” marinara sauce plus extra for topping
- 2 teaspoons of olive oil
- 1 tablespoon fresh basil chopped
- 1 tablespoon fresh parsley chopped
- Salt and pepper

Directions:

1. Preheat oven to 350 degrees.
2. Core and separate the leaves from the cabbage, then cook in boiling water for 5 minutes. Drain well, pat dry and set aside.
3. Grease the bottom of the sides of a 9x9 pan with cooking spray and arrange the largest leaves on the bottom and sides of the pan all around.
4. Cook the ground beef with the peppers and drain oil.
5. Add onion flakes, garlic, basil, and Worcestershire sauce and olive oil. Salt/pepper to taste.
6. Add the first layer of cabbage, then meat mixture, cover with marinara, then half the cheese sauce. Then repeat another layer finishing with the cheese sauce.
7. Bake in the preheated oven for about 35 minutes.
8. Let it rest for 10 minutes before serving.

Servings:

2

Each serving uses:

8 oz. lean protein

2 cups select vegetable—Cabbage and green pepper

½ cup occasional vegetable—Marinara sauce

1 Diet Right low carb product—Cheese sauce

1 teaspoon olive oil