

THINKING OUTSIDE THE BOX

EASY UNROLLED STUFFED CABBAGE SKILLET DINNER



Nutritious food doesn't always have to look pretty. Nor does it need multiple pans or pots to make. Sometimes just one pot, with the ingredients all mixed up, can be a tasty and nutritious meal. One fun part of cooking is experimenting to find the right combination. Making one-pot dishes helps you make things in bulk to help with meal planning. You can freeze the extra and save for later.

Special equipment and fancy cutting skills, or time spent preparing the meal are not as important as choosing the items that you use in your meal. Your body does not know if the dish was photo-worthy or messy looking. Some of the most comforting and flavorful meals may not look extravagant, like the picture of healthy meals posted on social media and magazines, but this does not mean they are of poorer nutritional quality. The body processes the nutrients in messy-looking meals and photo-worthy dishes the same way!

Consider using this technique for other meals and save time spent in the kitchen. Are stuffed peppers a favorite? Try dicing the peppers and folding them into your mix, it'll save you around 30 minutes and that is time you can spend with your loved ones while still getting the same nutrient-dense meal.

One of the great parts about combination dishes is they are easy to help you reach your recommended eight servings of fruits and vegetables per day, while picking from different color groups. Add diced mushrooms which are easy to hide amongst the ground beef and rice. This recipe takes the classic stuffed cabbage rolls, and reduces the amount of time it takes to prepare by chopping the cabbage and including it in the stuffing mix.

MACROS / SERVING SIZE

Protein 41 g | Fat 24 g | Carbs 59 g

% CALORIES OF MACROS / SERVING SIZE

Calories 607 | Protein 26 % | Fat 35 % | Carbs 38 %

NUTRIENTS / SERVING SIZE

Fiber 6 g | Sodium 1,130 mg | Sat. Fat 12 g

INGREDIENTS (serves 4)

- 1 cup instant brown rice
- 1 lb. lean ground beef, turkey, or pork
- 1 large white onion, finely chopped
- Dash of salt
- 1 tbsp. and 1 tsp. finely minced garlic, or 2 tsp. garlic powder
- 1 tbsp. Italian seasoning
- 1 1/4 tsp. paprika
- 3/4 of medium head of green cabbage, chopped
- 1 (15 oz.) can tomato sauce
- 1 (14-15 oz.) can petite diced tomatoes
- 1 1/2 cup shredded cheddar cheese
- Pepper to taste

DIRECTIONS

1. Begin cooking the instant brown rice according to package directions.
2. Meanwhile, in a large skillet, heat olive oil over medium-high heat and add the diced onions with a dash of salt. Continue cooking. Stir occasionally until the onions are tender (about 3 minutes).
3. Add the ground meat to the skillet to brown, stirring occasionally. Cook until there is barely any pink color present in the meat.
4. Add the spices to the cooked meat and mix well. Add the diced tomatoes and sauce, along with 1/2 cup of water. Once the sauce begins to bubble, add the chopped cabbage and cook for 3-5 minutes covered until the cabbage begins to wilt and shrinks in bulk. Turn the heat down to medium add the rice, stir gently, and cover. Cook until the cabbage is very tender (12-15 more minutes), stirring every 3/5 minutes. Remove the cover and sprinkle the top with cheddar cheese. Do not stir. Keep the cover off and continue cooking on low until the cheese melts and the mixture begins to thicken.
5. Remove from the heat and let it rest for 5 minutes before serving.

DIETITIAN TIP

One part of upping the nutrition in your diet is having food at the ready. Doubling the amount of food, you make at one time is not double the effort. Cook once, enjoy your meal, freeze the rest and have it at the ready for another.



A list of recipes on [commissaries.com/healthy living](https://commissaries.com/healthy-living) also has nutrition education.