



Cabbage Cake

Ingredients:

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

Directions:

1. Preheat oven to 350°F.
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: makes 2 servings.

Each serving = 8 oz. lean protein, 2 cups select vegetables, ½ cup occasional vegetables, 1 protein product, 1 tsp healthy fat.

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