

# Herbal Legacy Recipes

## Cabbage Rolls

(Makes 12 rolls)

Although this recipe has several ingredients and steps, it isn't difficult to prepare, and everything comes together so deliciously in the end that it's well worth the effort.

- 1 head green cabbage

### Filling:

- 1 onion, chopped
- 1 garlic clove, pressed
- 2½ cups sliced mushrooms (about ½ pound)
- ½ teaspoon paprika
- ⅛ teaspoon black pepper
- ⅛ teaspoon cayenne
- 2 cups cooked brown rice
- ¼ cup raisins
- ¼ cup pine nuts

### Sauce:

- 1 small onion, chopped
- 1 garlic clove, pressed
- 1 15-ounce can crushed or ground tomatoes
- ¼ teaspoon each: basil, oregano, fennel seeds
- ⅛ teaspoon each: thyme, marjoram, black pepper



Remove core from cabbage, then steam whole head until soft, about 20 minutes. Remove from the pot to cool. When cool enough to handle, peel off 12 large leaves and set aside. Chop enough of the remaining cabbage to make 1 cup. Set aside.

To prepare filling, heat ½ cup of water in a large skillet or pot. Add onion and cook until soft, about 5 minutes. Add garlic and mushrooms. Continue cooking, stirring occasionally, until mushrooms are soft, about 5 minutes. Stir in paprika, black pepper, and cayenne. Remove from the heat and stir in cooked rice, raisins, pine nuts, and reserved chopped cabbage.

To prepare the sauce, heat ½ cup of water in a medium pot. Add onion and garlic and cook over high heat, stirring often, until onion is soft, about 5 minutes. Add tomatoes, basil, oregano, fennel seeds, thyme, marjoram, and black pepper. Cover and simmer over medium heat, stirring occasionally, until flavors are blended, about 25 minutes.

Preheat the oven to 350°F. To assemble, divide filling among the 12 leaves. Roll each leaf, starting at the core end and tucking in the edges. Arrange in a 9 × 13-inch baking dish, then spoon sauce evenly over top. Bake 25 minutes.

Recipe from *Healthy Eating for Life for Cancer* by PCRM nutrition director Vesanto Melina, M.S., R.D.

Herbal Legacy Recipes

<http://www.herballegacy.com/Recipes.html>

© Copyright 2008 Herbal Legacy