

# Stuff Cabbage Roll O's

Courtesy of Carole's Creations

Prep Time: 25 minutes

Cooking Time: 1 hour

Serves: 5 - 6

**CChints:** You need a large head of cabbage because it takes a large one to get 12 full leaves. Run your knife about 1 inch deep around the core of the cabbage and one at a time, gently lift and pry off each leaf. The leaves get smaller as you get near the center of the cabbage.



1 very large head of green cabbage  
1 tablespoon salt  
1-1/2 pounds ground chicken breast  
1 cup cooked brown or multigrain rice  
Half of a medium yellow onion, diced  
2 gloves minced garlic  
1/2 teaspoon smoked paprika  
1/2 teaspoon dry sage  
1/2 teaspoon cumin  
1/2 teaspoon salt and dash of pepper  
1-1/2 teaspoon fresh oregano, diced  
1-1/2 teaspoon fresh thyme, diced, divided  
1/4 cup red bell pepper, diced  
2 tablespoons tomato paste  
2 egg whites  
2 cups or 24 ounce jar of your favorite Marinara Sauce  
1 cup shredded, Italian 5 cheese blend  
Serve with toasted bread or hot rolls

Preheat oven to 375 degrees and locate a 9x13 baking dish.

Put 6 quarts of water into a large pot, add the salt and bring to a boil. While this is coming to a boil, remove 10-12 large cabbage leaves and put them in the boiling water. Cook for 4-5 minutes until they are soft enough to roll up without tearing. You may want to cook these in 2 batches so they will fit in the pot without tearing. Use tongs to gently lift out each leaf by the hard core end. Drain and a layer of paper towels and allow to cool.

In a large mixing bowl combine the chicken through egg whites and blend well. Pour half of the marinara sauce in the bottom of the 9x13 pan and spread it out evenly.

Use a cutting board as your work surface to roll up your cabbage Roll O's. Take 1 leaf at a time and put a 1/2 cup scoop of filling into the center of the leaf. Fold up the hard core end, fold in the sides and tuck in the top edge. Lay on the sauce with the folded ends down. Repeat this process putting the rolls in 2 rows, touching sides and tops together. Pour the rest of the marinara sauce over the cabbage and gently spread it over the top, being careful not to tear a leaf.

Bake for 1 hour. Remove from the oven and sprinkle with cheese. When cheese has melted, serve with bread.