



## Tried and Tested: Lentil Cabbage Rolls

Try these cabbage rolls for your next meatless meal! Serve them with a whole grain roll and a side of your favourite vegetables to make a complete meal.

**Recipe tested by:** Antonia Harvey, PDt (adapted from *Some Good* by Jessica Mitton)

**Recipe Makes:** 4 servings

### Ingredients:

1 large cabbage  
2 cups cooked green lentils  
1 cup cooked brown rice  
1 cup sliced mushrooms  
1 onion, finely diced  
2 cloves garlic, minced  
2 teaspoons dried parsley  
¼ teaspoon cumin  
23 oz jar low-sodium tomato sauce

### Instructions:

1. Lightly grease an 8 x 8-inch baking dish and preheat the oven to 350°F. Fill a large saucepan with water and bring to a boil over high heat.
2. While the water is coming to a boil, remove any outer leaves from the cabbage that are wilted/damaged and throw them away. Carefully remove 8 to 10 leaves from the cabbage. Remove the thick part of the leaves where the stem was.
3. When the water is boiling, add the cabbage leaves to the pot and boil for 3 to 4 minutes or until they soften. Remove the leaves from the water and set aside to cool.
4. In a large bowl, stir together the lentils, rice, mushrooms, onion, garlic, parsley, and cumin.
5. Evenly spread half of the tomato sauce over the bottom of the prepared baking dish.
6. Take one leaf and place 1/3 cup of the lentil mixture in the middle of the leaf. Fold the sides of the leaf over the filling, then roll up. Place the cabbage roll in the baking dish on top of the tomato sauce. Repeat until all the leaves/filling has been used.
7. Pour the remaining tomato sauce over the cabbage rolls, making sure they are evenly covered. Cover the baking dish with aluminum foil and bake for 1 hour and 20 minutes.