

Stuffed Cabbage Rolls: A Recipe For People on a Renal Diabetic Diet

12 Cabbage Leaves
1-lb. Ground Beef
½ Cup Uncooked Long Grain Rice
¼ Cup Grated Onion
2 Eggs, Beaten
¼ tsp. Pepper
1/8 tsp. Allspice
2 tsp. Parsley
¼ Cup Water
3 oz. Tomato Paste, Canned Without Salt
2 tbs. Lemon Juice
1 Cup Water
1/8 tsp. Pepper
1 tbs. Sugar

In a large kettle, bring three quarts of water to a boil. Add cabbage and simmer 2-3 minutes or until leaves are pliable. Remove cabbage and drain. Carefully remove 12 large leaves from cabbage. Trim thick ribs. If the inside leaves are not soft enough to roll, return to the boiling water for one minute. In a large bowl, combine beef, rice, onion, eggs, pepper, Allspice, parsley, and ¼ cup water. Mix together with a fork until well blended. Place about ¼ cup meat mixture in the hollow of each cabbage leaf. Fold sides of leaf over stuffing. Roll up from the thick end of the leaf. Arrange rolls with seam side down in baking dish. Top with sauce made by combining tomato paste, lemon juice, one cup of water, and pepper. Bring cabbage rolls to a boil over medium heat. Sprinkle with sugar. Cover and bake at 375 degrees for 1-1/2 hours. Uncover and bake 1-1/2 hours longer. Makes six two-cabbage roll servings.

A serving equals two oz. meat and two vegetables. One serving has 298 cal., 17.7 g of protein, 18 g of fat, 16 g carb., 84 mg of sodium, and 521 mg potassium.

The above recipe was taken from The Cleveland Clinic Foundation's *Creative Cooking for Renal Diabetic Diets*, by the Cleveland Clinic Foundation's Department of Nutrition Services, Pat Ellis, MS, RD, published by Senay Publishing, Inc. They are reprinted with

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Always check with your healthcare team to know which foods are best for you.