



Vegetarian Lazy Cabbage Rolls

Growing up, it was only on rare special occasions that I saw my busy working Mom make the cabbage rolls she grew up eating with her Polish parents. Steaming a whole head of cabbage, gently peeling off each leaf and hand rolling each one was much too time consuming for every day meals. This recipe provides all of the taste without as much fuss. It also makes freezer-friendly leftovers, great for busy days.



Serving
8



Prep
25 Minutes



Cook
25 Minutes



Contributer
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- 2 Small onions, diced
- 3 tbsp Extra virgin olive oil
- 12 cups Shredded cabbage (approx. ½ large head)
- ½ tsp Salt
- ½ tsp Ground black pepper
- ½ tsp Caraway seeds (optional)
- ½ tsp Dill, dried (or 2 tbsp/30mL chopped fresh)
- 2 cups Brown lentils, cooked (or 1 x 19oz/540mL can, drained and rinsed)
- 3 cups Brown rice, cooked
- 1 tsp Parsley, dried (or 2 tbsp/30mL chopped fresh)
- 2 ¾ cups Tomato passata (650 mL)
- To taste Sour cream, plain greek yogurt, low fat dairy or vegan (optional)

1. Preheat oven to 325° F (180° C).
2. Over medium heat, sauté the onions in 1 tbsp/15 mL of the olive oil for 3–5 minutes, until softened. Transfer to a large bowl.
3. Add the remaining 2 tbsp / 30 mL olive oil to the frying pan. Add the optional caraway seeds and toast until brown and fragrant. Add the shredded cabbage and ¼ tsp (1.25 mL) salt and sauté until softened, approximately 5 minutes.
4. Into the large bowl with the sautéed onions, add the rice, lentils, remaining ¼ tsp (1.25 mL) salt, pepper, dill and parsley. Mix well.
5. Spread ¾ cup (175 mL) tomato passata along the bottom of a 9x13" casserole dish. Then layer ½ the cabbage along the bottom. Top with the rice and lentils mixture, spread evenly across the cabbage and gently press the mixture down. Top with the remaining cabbage, and then spread the remaining tomato passata evenly along the top.
6. Bake, uncovered, for 25 minutes. Let sit for 5 minutes then scoop into bowls and enjoy, topped with the optional low-fat dairy or vegan sour cream or Greek yogurt.

DIETITIAN'S MESSAGE

Cabbage is an undervalued food! It is inexpensive, nutritious and stretches a long way. If your family is like mine, you can shred the whole cabbage at once and use the remaining portion to make your favourite vinaigrette-based coleslaw, which gets better over the next few days as it softens in the fridge. It would also be great in a stir-fry, especially if you made extra brown rice while prepping for this recipe!

Variation

The filling is very forgiving if you have a little more or a little less of an ingredient! You can also add your favourite herbs and spices, or some extra sautéed vegetables like shredded carrot or diced red bell pepper for additional colour and flavour.



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