

Hot Pot Cabbage and Meatballs

Makes: 6 Servings

Ingredients

Meatballs

- 1 small onion (1/4 cup minced)
- 1/2-pound lean ground turkey
- 1/2 cup breadcrumbs
- 1 egg
- 1/4 cup skim milk

Cabbage

- 1-pound cabbage (4 cups chopped)
- 2 cloves garlic, minced
- 1 onion (1/2 cup chopped)
- 2 teaspoons vegetable oil
- 1/2 cup water
- 1/2 cup vinegar
- 1/4 cup granulated sugar
- 1 3/4 cup diced tomatoes
- 1 teaspoon mustard
- 1/4 teaspoon hot sauce

Directions

Meatballs

1. Preheat oven to 400°.
2. In large bowl, mix all ingredients together.
3. Form 8-10 meatballs and place on a baking sheet. Bake 20 minutes, until well done.

Hot Pot Cabbage

1. Heat oil in a large pot on medium. Add garlic and onion. Sauté 3 to 5 minutes.
2. Add remaining ingredients, except cabbage. Increase heat and bring mixture to a boil.
3. Stir in cabbage and cook 5 minutes. Serve, adding cooked meatballs to cabbage mixture.

Total Cost: \$6.54

Serving Cost: \$1.09

Source: GET FRESH! Division of Nutritional Sciences, Cornell University and Cornell Cooperative Extension, 2001



Nutrition Facts	
6 servings per container	
Serving size	(269g)
Amount per serving	
Calories	160
% Daily Value*	
Total Fat 3g	4%
Saturated Fat 0.5g	3%
Trans Fat 0g	
Cholesterol 45mg	15%
Sodium 85mg	4%
Total Carbohydrate 23g	8%
Dietary Fiber 3g	11%
Total Sugars 16g	
Includes 8g Added Sugars	16%
Protein 12g	
Vitamin D 0mcg	0%
Calcium 83mg	6%
Iron 1mg	6%
Potassium 415mg	8%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

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