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MetaBurn90 Day 6, Meal 3

Turkey Freekeh Cabbage Roll in Tomato Sauce

Loaded with fiber and nutrients, freekeh is a high-protein grain and an excellent rice substitute as the filling for low-carb cabbage rolls. This recipe also calls for an easy, homemade tomato sauce to bake the turkey-stuffed rolls in, adding a hearty, comfort-food feel to an undeniably healthy meal.

Prep time: 5 min. Cook time: 30 min.

Serving size: 2 rolls

Recipe yields 2 servings

Ingredients:

Tomato Sauce:

1/2 yellow onion, chopped

2 cloves garlic, minced

1 cup chopped tomatoes

2 tbsp soy sauce

1 tbsp sherry vinegar

Cabbage Roll:

2 leaves of savoy cabbage

1/2 yellow onion, chopped

4 oz. ground turkey

2 tsp cumin

2 tsp chili powder

1 tsp coriander

1 tsp fennel

1/4 cup chopped cilantro

2 tsp salt

1/2 cup cooked freekeh*

1 tbsp nonfat plain Greek yogurt

*To cook freekeh, cook 1 cup freekeh in 2 cups water or vegetable stock until tender.

Directions:

1. Make the tomato sauce by sweating onion and garlic in a little bit of olive oil until soft. Add the chopped tomatoes and cook on medium to low heat until the tomatoes break down completely. Finish with the soy sauce and vinegar to taste.
2. While tomatoes are cooking, sweat the onions for the cabbage roll in a separate pan until soft. Mix the turkey with spices, salt, and cilantro before adding it to the pan. Cook on medium heat until cooked through, then add the cooked freekeh.
3. Preheat the oven to 400 degrees F.
4. Blanch cabbage leaves in boiling salted water for 5 seconds, then rinse under cold water to cool. Divide the turkey and freekeh mixture between the two leaves and roll into a tight parcel. Place rolls in a baking dish and add the finished tomato sauce. Bake rolls in the sauce for 15-20 minutes.
5. Serve rolls with a small drizzle of nonfat Greek yogurt.