

WINTER BLISS

NAPA CABBAGE ROLLS

By Kelly Jameson Photography by Marty Snortum Studio

Here's a perfect appetizer for those crisp winter evenings. Wrapped in Napa cabbage leaves, this roll is both healthy and flavorful. After the first bite, you'll be convinced this versatile vegetable isn't just for coleslaw anymore.

Cabbage rolls are a traditional Eastern European favorite. This vegetarian original is filled with tempeh (a soy-bean product) and white raisins. Napa cabbage looks like a cross between celery and lettuce. The

flavor is more delicate than head cabbage with a slightly peppery, fresh taste.

To make great cabbage rolls, start with the crispest of cabbage. Napa leaves work best because their large, flat ribs don't need to be cut out when stuffing each roll. It's also easy to find; Napa has an oblong head with tightly packed, crinkled leaves that are pale green to white in color. Rinse and drain well for maximum freshness.



NAPA CABBAGE ROLLS

(Makes 8 servings)

- 1 (15 oz.) can diced tomatoes, pureed
- 1 small onion, diced
- 6 tablespoons lemon juice
- ¼ cup fructose
- 1 ¼ teaspoons black pepper
- 8 Napa cabbage leaves
- 8 oz. crumpled tempeh
- ¾ cup cooked brown rice
- 2 tablespoons white seedless raisins

In a medium saucepan, combine tomatoes, onion, lemon juice, fructose and black pepper and bring to a boil. Turn down heat and simmer for 30 minutes.

While the sauce is simmering, fill a large pot half full of water and bring to a boil. Cut out core of cabbage. Place head in boiling water until outer leaves become tender, about one minute. Remove from water and drain. You will need 8 of the largest outer leaves for this recipe.

Preheat oven to 350 degrees.

In a small bowl, combine tempeh, cooked rice and raisins and mix well. Place ½ cup of tempeh mixture in center of each cabbage leaf and roll, tucking in sides of cabbage leaf while rolling.

Arrange cabbage rolls single file in an 8"x 8" baking dish and cover with prepared tomato mixture. Bake in preheated oven for about 30 minutes, or until cabbage is tender.

Nutritional Info	
Calories	205
Carbs	41 gm.
Fat	3 gm.
Cholesterol	0
Protein	8 gm.
Sodium	650 mg.

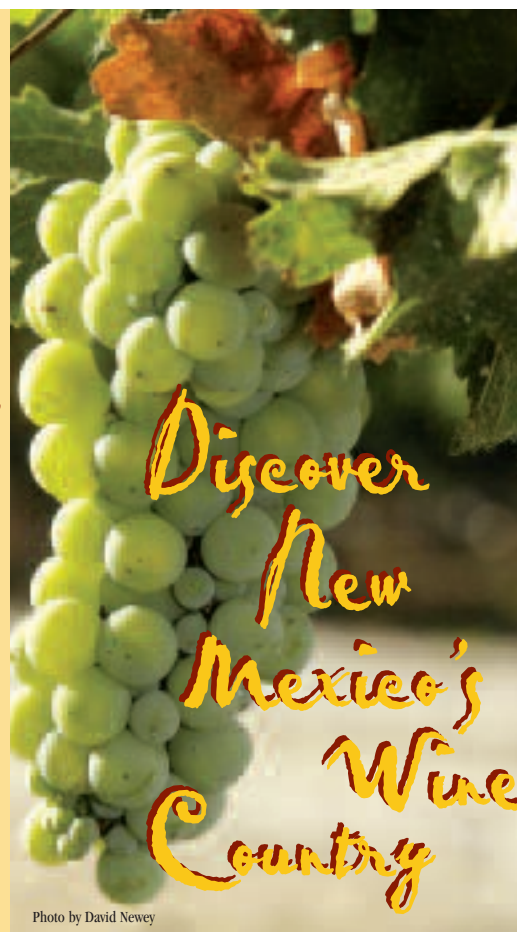
Call for a color brochure with suggested self-guided tours.

Find yourself in the finer things of life. Visit a winery!

Toll Free

1-866-494-6366

www.nmwine.com



Do You Know Your Body Composition?

A diagram comparing two body types. On the left, a woman is shown next to a scale. Text next to her says "HEALTHY" and "A healthy body composition program helps a person weigh less and look thinner by causing excess fat to be lost and muscle to be retained. Healthy body composition produces significantly better overall health." Below her is a cross-section of a body with labels "Healthy muscle" and "Reduced fat". On the right, another woman is shown next to a scale. Text next to her says "UNHEALTHY" and "An unhealthy body composition program may help a person weigh less and look thinner, but it causes muscle to be lost and excess fat to be retained. Unhealthy body composition produces increased risk to other serious health concerns." Below her is a cross-section of a body with labels "Excess fat" and "Reduced muscle".

MAINTAIN MUSCLE - LOSE FAT!

Healthy Weighs

- Do you know your body fat percentage?
- Do you know how many calories your body requires each day?

**COME IN AND GET YOUR METABOLIC TEST TODAY.
IT'S INEXPENSIVE AND FOR EVERYONE.**

Beverly Clayshulte M.S., L.N.
Licensed Nutritionist
1115 Commerce
Las Cruces, NM 88011
505-521-9931

www.healthy-weighs.com

Major Insurance Companies Accepted | FDA Approved

