

Cabbage & Barley with Turkey Meatballs

Nutritional information on back.



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Cabbage & Barley with Turkey Meatballs

Meatballs:

3 cloves garlic, minced
1/2 small onion, diced
1 egg
2 Tbsp. whole-wheat bread crumbs
1 Tbsp. ketchup
2 Tbsp. low-fat parmesan cheese,
grated
2 Tbsp. fresh Italian parsley,
chopped
1/8 tsp. ground black pepper
1/2 lb. ground turkey meat

Cabbage & Barley:

1 Tbsp. olive oil
6 cups coarsely shredded cabbage,
1 onion, sliced
1 clove garlic, minced
1/2 tsp. caraway seeds
1/4 tsp. fennel seeds
2 cups fat-free, reduced-sodium
chicken broth
1 Tbsp. whole grain mustard
1 Tbsp. apple cider vinegar
3/4 cup barley
Salt, to taste (optional)
Tabasco sauce, to taste (optional)
2 Tbsp. fresh parsley, chopped, for garnish



Meatballs: Preheat oven to 350 degrees. In medium mixing bowl add garlic, onion, egg, bread crumbs, ketchup, cheese, parsley and pepper and blend. Mix in turkey. Shape mixture into 1-inch diameter meatballs. Place meatballs in glass baking dish. Bake for 30 minutes. Remove from oven and set aside. Cabbage and Barley: In deep skillet, over medium-high heat, add oil, cabbage, onion, garlic, caraway and fennel. Cook stirring until cabbage has wilted slightly, about 3 minutes. In medium mixing bowl, whisk together broth, mustard and vinegar. Add to skillet along with barley and stir. Bring to a simmer, cover, and cook for 40 minutes or until barley is tender. Gently stir occasionally and add water if too dry. Salt to taste (optional). Add a dash of Tabasco, to taste, for some zest (optional). Add meatballs to skillet. Gently stir to combine all ingredients. Let mixture stand for about 2 minutes, garnish with parsley and serve. Makes 4 servings

Nutritional information per serving

360 calories, 11 g total fat (3 g saturated fat), 45 g carbohydrate, 20 g protein, 9 g dietary fiber, 480 mg sodium