

Easy Cabbage Casserole

Ingredients

4 cups shredded cabbage

1 cup grated carrot

1/2 cup chopped green onions

1/2 cup liquid egg substitute

1 cup skim milk

6 tbsp shredded Swiss cheese

1/2 tsp seasoned salt

2 tbsp minced fresh parsley

2 tbsp shredded Parmesan cheese

Directions

Using nonstick cooking spray, saute' the cabbage, carrot and onions until crisp-tender.

Transfer to a greased shallow 2-qt baking dish (a glass 8" x12" works well).

In a bowl, combine the egg, milk, Swiss cheese and seasoned salt.

Pour over the vegetables.

Sprinkle with the parsley and Parmesan cheese.

Bake, uncovered, at 350 degrees for 30-35 minutes or until a knife inserted near the center comes out clean.