

WW Delicious Cabbage Casserole

"This is a quick and easy *recipe* and is so *delicious*! This *cabbage casserole* is a favorite at family reunions and church suppers. Even the kids love it!"

Ingredients

1 Pound 93% Lean Ground Turkey
1 Container of Fat Free Ricotta Cheese 15 oz
2 Cans of Diced Tomatoes 14.5 oz (one drained, one undrained)
1 Can Tomato Sauce (15 oz)
1/2 Cup Diced Onion
1 Tablespoon Garlic Powder
2 to 3 Teaspoons of Salt
Pepper to taste
1 Medium Head of Cabbage (Diced)

Directions

Preheat oven to 350 Degrees, brown the ground turkey and then throw in the 1/2 Cup of onions

Simmer for 3 to 4 minutes

Add Diced Tomatoes, Entire can of tomato Sauce and seasonings

Let Simmer for about 15 minutes

While that is simmering Spray a 3 quart baking dish with Pam or Canola Spray

Add 4 Cups of Cabbage on the bottom of the pan

Now take your meat sauce and put half of it on top of the cabbage

Add 3 to 4 Cups of Cabbage and then top with the remaining meat sauce

Take the entire container of Ricotta and spread evenly over the entire dish

Cover with aluminum foil and Bake for 40 to 45 minutes

Remove aluminum foil and bake for an additional 15 to 20 minutes (until the top is lightly brown)

Cut into 8 Slices! Each huge slice is only **3 smartpts.**