

Cabbage & Cranberries

Ingredients

- 1½ lbs green cabbage, shredded
- 1 medium fennel bulb, chopped
- ½ lb smoked turkey breast, cubed
- 1 cup dried cranberries
- 4 tsp fennel seeds
- 2 cups chicken broth
- ½ cup cranberry juice
- 1 Tbsp extra virgin olive oil
- ¼ tsp salt
- ¼ tsp freshly cracked pepper

Directions

1. Preheat oven to 425°F.
2. Coat a 9×13 baking dish with cooking spray. Add shredded cabbage and fennel. Sprinkle on turkey, cranberries, and fennel seeds.
3. Whisk together chicken broth, cranberry juice, and olive oil. Pour evenly over cabbage.
4. Toss salt and pepper across the mixture.
5. Bake, covered, 30 minutes. Uncover, stir and bake for an additional 30 minutes.

Handling & Storage

Look for cabbage heads with shiny, compact leaves that are heavy for their size and free of blemishes.

Store in the refrigerator for up to a week in an airtight plastic bag. If you store a section, cover it tightly with plastic wrap and use within 2 days.

To prepare, remove outer leaves and cut cabbage into pieces, then wash well under running water.

Nutritional Information

Calories: 94

Total Fat: 2.7 g

Saturated Fat: 0.5 g

Trans Fat: 0.0 g

Cholesterol: 10 mg

Sodium: 515 mg

Total Carbohydrates: 12.9 g

Dietary Fiber: 4.6 g

Sugars: 6.1 g

Protein: 7.1 g

Serves: 10