



# Healthy Recipes for Healthy Living

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Dr. Reina Persaud, ND

## Cabbage Casserole



- 1 medium Onion, chopped
- 1 stalk Celery, chopped
- 3 tablespoon Vegetable oil
- 3/4 lb. Organic Lean Ground Beef
- 1/2 teaspoon Sea Salt
- 1 medium Cabbage, shredded
- 2 Apples, sliced thin

Preheat oven to 350° F.

In skillet, sautee onion and celery in oil for 2 minutes. Add beef and salt and stir another 2 minutes. Spread half the cabbage in 2 qt. baking dish and cover with half the apples and all the meat mixture. Add remaining cabbage and apple slices. Cover and bake 1 hour. Nice with mashed potatoes or rice noodles.