



Healthful Advice from our Registered Dietitian/Nutritionist, Debra Heverling, MA, RD/LDN

# Dietitian's Dish

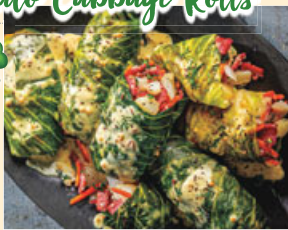
## Lucky Leftovers

Whether you're finding a use for leftovers from a St. Patrick's Day meal of corned beef and cabbage, or just looking for a new dinner option, these cabbage rolls offer some delicious and nutritious ingredients. Cabbage is rich in fiber, along with Vitamins C & K and folate. Research shows cabbage may support digestion, benefit heart health, and decrease inflammation. Potatoes are also an excellent source of dietary fiber, potassium, magnesium, Vitamins C and B6. These antioxidants and nutrients offer a host of benefits related to heart health and cancer reduction when part of a healthy diet.

### Corned Beef and Potato Cabbage Rolls

#### Ingredients:

- 2 cups Irish-style ale
- 1/2 cup heavy cream
- 3 Tbsps. stone ground mustard
- 2 Tbsps. chopped fresh dill
- 1/2 Tbsp. caraway seeds
- 1/2 tsp. fresh ground black pepper
- 12 large green cabbage leaves, trimmed
- 2 cups diced potatoes
- 1-1/2 cups shredded carrots
- 1-1/2 cups chopped leftover corned beef (1/2 pound)
- 1/2 cup plain breadcrumbs
- 2 Tbsps. chopped fresh parsley



#### Directions:

1. Preheat oven to 375°. Line a rimmed baking pan with paper towel. In small saucepan, cook ale over medium heat 15 minutes or until reduced by half. Reduce heat to medium-low; whisk in cream, mustard, dill, caraway, and pepper. Cook 5 minutes or until slightly thickened. Makes about 1-1/2 cups.
2. Heat large saucepot of salted water to a boil over high heat; add cabbage leaves and cook 3 minutes or until softened. Remove cabbage with tongs to the prepared pan, then heat remaining water to a boil. Add potatoes and cook 5 minutes. Add carrots then cook an additional 5 minutes or until very tender, stirring occasionally. Drain vegetables.
3. In large bowl, lightly mash vegetables; stir in corned beef, breadcrumbs, and parsley. Makes about 5 cups.
4. Place about 1/3 cup corned beef-potato filling in center of each cabbage leaf; fold sides of leaves over filling, then roll tightly to enclose filling completely. Place cabbage rolls, seam side down, in 8 x 11-inch baking dish; pour ale mixture over top. Cover dish tightly with aluminum foil; bake 45 minutes or until cabbage is very tender.