

# Lazy Cabbage “Rolls”

(C, D, E, G, N, S, V, Y)

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## Ingredients

1 cup dry chickpeas soaked overnight or 1 can, rinsed and drained (mashed if desired)  
½ head of cabbage, shredded  
1 medium Spanish onion sliced  
½ jar sauerkraut  
1 cup brown rice, cooked  
2-3 tbsp extra virgin olive oil  
1 dash celery salt  
Salt and pepper to taste  
Cayenne pepper to taste

## Directions

1. Preheat oven to 350°F
2. In a skillet sauté cabbage, onion and sauerkraut. Cover and steam until cabbage is tender. You may need to add a little water (up to ¼ cup)
3. In a large roast pan combine all ingredients, spread out evenly in pan
4. Bake covered for 1 hr or until casserole begins to brown

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