



Cabbage and Leek Griddle Cakes

- 3 cups thinly shredded green cabbage (about 6 oz)
- 2 leeks, white and light green parts only, cut into thin matchsticks
- ¼ cup whole wheat pastry flour or matzo meal
- ½ tsp salt
- ¼ tsp ground black pepper
- 2 eggs, beaten
- Canola spray oil

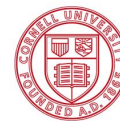


1. In a large bowl, toss together cabbage and leeks. Squeeze firmly 4-5 times to wilt them slightly. Add flour or matzo meal, salt, pepper, and eggs, and stir until well coated.
2. Heat a large skillet over medium heat and coat with oil. Working in batches, drop a 1/3 cup of the cabbage mixture into skillet, flattening it to make 4-in pancakes. Spray the tops with oil and cook, flipping once, until tender and deep golden brown, 8-10 minutes
3. Transfer cake to a plate and serve.

Makes: 8 servings

Nutrition Information:

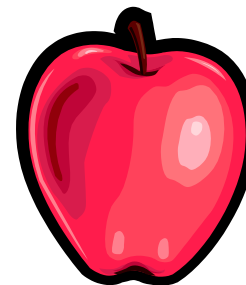
CALORIES 50 (20% from fat); FAT 1.5g (sat 0g); CHOLESTEROL 45mg;
SODIUM 170mg; CARBOHYDRATE 8g; FIBER 1g; PROTEIN 3g; CALCIUM 4%; IRON 6%



Grated Turnip and Apple Salad

- 1 cup peeled and grated raw turnips or rutabaga (about 2 medium turnips or ¼ a rutabaga)
- 1 cup peeled and grated tart green apples
- ½ cup chopped fresh parsley
- Juice of 1 lemon
- 1 Tbsp vegetable oil
- ½ tsp salt
- Black pepper to taste

1. Combine all ingredients in a large serving bowl.
2. Toss, cover, and chill under ready to serve



Makes: 4 servings

Nutrition Information:

CALORIES 100 (35% from fat); FAT 4g (sat 0.5g); CHOLESTEROL 0mg; SODIUM 340mg; CARBOHYDRATE 17g; FIBER 4g; PROTEIN 1g; CALCIUM 4%; IRON 4%