

**North Carolina Vegetable Growers Recipe Challenge**  
**Sunday, October 15, 2017**

First Place: Jackie Boegel, Raleigh

**Italian Cabbage Casserole**

1 large onion, diced  
3 Tbsp. oil  
2 lbs. ground chicken (any ground meat will work)  
1 tsp. salt and ¼ tsp. black pepper

2 – 28 oz. cans of crushed tomatoes

1 red bell pepper, diced

2 cups grated zucchini

2 tsp. Italian seasoning

2 tsp. basil

1 tsp. parsley

¾ tsp. garlic powder

2 tsp. onion powder

3 tsp. paprika

1 tsp. dried dill weed

1-2 tsp. salt

¼ tsp. pepper

4-6 mini scoops stevia

½ tsp. baking soda

16 oz. cottage cheese

1 egg

1/3 cup parmesan cheese

½ head of cabbage, chopped (approx. 8 cups)

2 cups chopped spinach

4 cups shredded cheese – cheddar, mozzarella

In a 5 qt. pan, sauté onion in oil for 3-5 mins, add ground meat. Sprinkle with 1 tsp. salt and ¼ tsp. pepper. Cook until no longer pink.

Add crushed tomatoes, red pepper, zucchini, Italian seasoning, basil, parsley, garlic and onion powder, paprika, dill weed, 1 tsp. salt, pepper stevia and baking soda. Stir and simmer 15-30 minutes. Add extra salt and stevia to taste.

Mix cottage cheese, egg and parmesan cheese.

Preheat oven to 350 degrees. Grease edges of 9 x 13 pan.

Mix cabbage and spinach in 9 x 13 pan. Add a couple scoops of meat sauce and mix into the cabbage and spinach.

Spoon cheese mixture on top of cabbage, spread out, sprinkle with 1 ½ - 2 cups shredded cheese.

Top with the meat sauce.

Bake uncovered 25-30 minutes or until hot and bubbly. Top with 1 ½-2 cups shredded cheese and sprinkle with Parmesan cheese. Return to oven for 5-10 mins for cheese to melt.