

A u G r a t i n C a b b a g e

2 cups / 500 ml cabbage (shredded)
½ cup / 125 ml carrots (shredded)
⅓ cup / 75 ml green onions (chopped)

Sauté until crisp-tender in fry pan coated with cooking spray. Transfer to greased 1-quart / 1 L baking dish.

½ cup / 125 ml milk

1 egg

3 tblsp cheese (shredded)

Combine in a small bowl. Pour over vegetables. Garnish with 1 tblsp chopped fresh parsley and 1 tblsp grated Parmesan cheese. Bake at 350° F / 180° C for 30-35 minutes.

Recipe taken from Simply in Season by Mary Beth Lind and Cathleen Hockman-Wert