

## Stove Top Casserole

(Makes 5 servings at 1 cup each)



- 1 small onion, chopped
- 4 medium potatoes, peeled, sliced
- 1 ½ cups chicken stock (or broth), reduced sodium
- 2 cups green cabbage, shredded
- 1 cup reduced fat cheese, shredded
- 1 tablespoon vegetable oil

1. Heat oil in large skillet. Add onions and stir over medium heat until golden.
2. Add potatoes and chicken stock. Cover and reduce heat to low. Simmer until potatoes are slightly tender.
3. Add cabbage. Cover and simmer for five more minutes. Sprinkle with cheese and let stand until cheese melts.
4. Serve warm.

Adapted from: Food Stamp Nutrition Connection, <http://foodstamp.nal.usda.gov/recipes.php>



Funded by the USDA's Food Stamp Program, an equal opportunity employer and provider.

**Tulare County Office of Education**  
*Jim Vidak, County Superintendent of Schools*



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