

# Lauren's Kitchen: Stuffed Savoy Cabbage



It's gray and it's cold and we all are craving something warm and hearty for dinner, right? Here's the perfect solution that uses the gorgeous, in season, and locally grown savoy cabbage. Sweeter and milder than other cabbage varieties, savoy is quite family-friendly. Steaming and filling these bundles is not as time consuming as one would think and pre-made rolls store well overnight in the fridge providing a pop-in-the-oven-meal perfect for any weeknight. The combinations for fillings are literally endless but most are lentil or grain based along with finely chopped sautéed vegetables and seasoning. Check out this inspirational recipe that calls for a quinoa filling.

**Ingredients:**

1 medium head of savoy cabbage (savoy cabbage is milder in flavor and more tender making it easier to roll)  
2 c. cooked quinoa  
1 1/2 c. walnuts, ground  
1 – 2 tsp. extra virgin olive oil  
1 medium onion, finely chopped  
1 medium carrot, finely chopped  
1 small turnip, finely chopped  
2 clove of garlic, minced  
1 tsp. salt (with a little extra for sprinkling)  
1/8 tsp. freshly ground pepper  
2 tsp. fresh thyme or 1 tsp. dried thyme  
1 tsp. dried rosemary  
2 tsp. Italian seasoning  
1 tsp. dried oregano  
1 tbsp. arrowroot starch (or tapioca flour, potato starch, or cornstarch)  
2 cups of tomato or pasta sauce

[Full Instructions Here](#)