

## **Cruciferous Cabbage Rolls (Good on All Days)**

Submitted by Shawn Byars

1 head cauliflower, de-stalked and cut into 1/2" florets

1 head broccoli, de-stalked and cut into 1/2" florets

Olive Oil

Apple Juice (or Pear)

1 head whole cabbage

1/2 bunch spinach, shredded or chopped

1. Mix cauliflower in large bowl with olive oil, sea salt and other seasonings (I used garlic powder & oregano). Roast the cauliflower on a cookie sheet until lightly brown and soft.
2. Sauté broccoli in olive oil until soft.
3. Add cauliflower, broccoli (including oil from pan), spinach, olive oil and juice to food processor/blender. Only add enough juice & oil to get the puree mixing well, don't over do it. Puree until it is a nice, even pasty mixture.  
Blanch the cabbage head for a few minutes in scalding water to loosen and soften the leaves.
4. Scoop a portion of the puree into each leaf, tuck the sides and roll.
5. Put on a baking sheet, brush the top with olive oil, sprinkle with sea salt if desired. Bake until the cabbage slightly browns.

We served this with sautéed cinnamon apple slices. It was a nice way to change up the textures of the ingredients.