

## Stove Top Casserole

Serving Size: 1/5 of recipe

Yield: 5 servings

### Ingredients:

- 1 tablespoon vegetable oil
- 1 onion (small, coarsely chopped)
- 4 potatoes (medium, peeled and sliced 1/4 inch thick)
- 1 1/2 cup chicken stock
- 2 cups green cabbage (shredded)
- 1 cup Swiss cheese, shredded
- 1/4 cup nuts (chopped)

### Instructions:

1. Heat oil in large skillet or Dutch oven. Add onions and stir over medium heat until golden.
2. Add potatoes and chicken stock. Cover tightly, reduce heat to low and simmer until potatoes are almost tender.
3. Add cabbage, cover and simmer for another 5 minutes.
4. Remove cover, sprinkle with cheese and nuts.
5. Let stand just until cheese is melted, about 2 minutes.

### Cost:

Per Serving: \$.87

<b>Nutrition Facts</b>	
Serving Size 1/5 of recipe (266g)	
Servings Per Container	
Amount Per Serving	
<b>Calories 210</b>	<b>Calories from Fat 120</b>
% Daily Value*	
<b>Total Fat 14g</b>	<b>22%</b>
Saturated Fat 4.5g	23%
Trans Fat 0g	
<b>Cholesterol 20mg</b>	<b>7%</b>
<b>Sodium 530mg</b>	<b>22%</b>
<b>Total Carbohydrate 11g</b>	<b>4%</b>
Dietary Fiber 4g	16%
Sugars 4g	
<b>Protein 13g</b>	
Vitamin A 4%	Vitamin C 50%
Calcium 20%	Iron 10%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories 2,000 2,500
Total Fat	Less Than 65g 80g
Saturated Fat	Less Than 20g 25g
Cholesterol	Less Than 300mg 300 mg
Sodium	Less Than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	