

- ① Eliminate Lemon Sauce
- * ② Eliminate Rice unless you really need to stretch meat if rice is used increase salt to original amount
- * ③ use Frozen Eggroll skins in place of Cabbage leaves
- ④ To make Egg roll skins stick together when rolled use 1 egg beaten and brushed on seams and edges
- ⑤ Fry in 1/2" oil in deep frying Pan - drain on paper toweling
- ⑥ If meat is to be spicier double cinnamon + Oregano

Lemon-Cabbage Rolls

- * 6 cabbage leaves
- 1 pound ground beef
- 1 small onion, chopped (about 1/4 cup)
- 1 clove garlic, finely chopped
- * 1/2 cup uncooked regular rice
- 2 tablespoons snipped parsley
- ~~1/2~~ 1/2 teaspoons salt
- 1/4 teaspoon lemon pepper
- 1/4 teaspoon ground cinnamon
- 1/4 teaspoon dried oregano leaves
- 3/4 cups water
- 1/2 cup crumbled feta or shredded Swiss cheese (about 2 ounces)
- ~~1/2~~ 1/2 teaspoon salt
- ~~1~~ 1 cup water
- ~~Lemon Sauce (below)~~

~~Cover cabbage leaves with boiling water. Cook and stir ground beef, onion and garlic over medium heat until beef is light brown; drain.~~

~~Stir rice, parsley, 1/2 teaspoons salt, the lemon pepper, cinnamon, oregano, 3/4 cups water and cheese into beef. Heat to boiling; reduce heat. Cover and simmer, stirring occasionally, until water is absorbed, about 15 minutes.~~

~~Heat oven to 350°. Dry cabbage leaves; sprinkle with 1/4 teaspoon salt. Mound 1/2 cup filling at stem end of each cabbage leaf. Roll, folding in sides; fasten with wooden picks. Place in ungreased baking dish, 11 1/4 x 7 1/2 x 1 3/4 inches. Pour 1 cup water over cabbage rolls. Cover and bake 30 minutes; drain. Spoon hot Lemon Sauce over cabbage rolls; garnish with parsley. 6 SERVINGS.~~

~~LEMON SAUCE~~

~~Mix 1 package (about 1 ounce) chicken gravy mix, 1/4 cup water and 1 to 2 teaspoons lemon juice. Heat to boiling, stirring occasionally.~~