



@Gleanersfan

ST PATRICK'S DAY

Corned Beef and Cabbage Rolls

Ingredients:

6 large cabbage leaves
1/4 cup of mayo or low fat plain yogurt
1/4 cup chopped parsley

1/2 lb cooked corned beef, cut into strips.
2 slices rye bread toasted, cut into strips
2 tbsps. Of Whole grain mustard.

Directions:

1. Bring a large pot of water to a boil. Add the cabbage leaves and cook until softened, about 2 minutes.
2. Rinse under cold water, then drain and pat dry; set aside on a tray.
3. Stir together the mayonnaise or low fat yogurt, add herbs in a small bowl; spread on the cabbage leaves.
4. Toss the corned beef with the mustard in a small bowl and mix. Top the cabbage leaves with a few strips each of the bread and corned beef. Roll up and slice in half. Enjoy

Green Smoothie

Ingredients: 1 medium banana, 1/4 cup of frozen pineapple, 1/2 green apple cut into pcs. 1 cup of low fat plain yogurt, 1/2 cup of 100% juice apple juice, 2 cups of leafy green (spinach).

Directions: In a blender cup, add all the ingredients, blend until smooth and serve (2 portions), Enjoy!

Find more online at: www.gcfb.org/recipes_resources

Want to apply for SNAP Benefits? Call the number below for assistance!

Check out our YouTube Channel for more recipe demonstrations!



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Para obtener ayuda para encontrar una despensa de alimentos, ayuda para presentar una solicitud de beneficios de SNAP o referencias a otros recursos, llame al

1-888-544-8773

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Financiado en parte por el Departamento de Salud y Servicios Humanos de Michigan (Michigan Department of Health and Human Services)

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