

Haluski (Polish Cabbage and Noodles)

Haluski (Polish Cabbage and Noodles)



Serves 4

Blue – 7

Purple – 4 (if you use whole wheat noodles)

Green – 7

- 6 ounces egg noodles
- 12 ounces turkey kielbasa, sliced
- 4 Tbsp light butter
- 1 medium onion, chopped
- 1 large head of cabbage, chopped
- 2 cloves garlic, minced
- salt and pepper to taste

1. Cook egg noodles for 2 minutes less than the package directions say. Drain and set aside
2. Brown the kielbasa slices in a pan sprayed with non stick spray
3. Add the butter and onion to the sausage. Cook until the onions soften. Scrape brown bits off the bottom of the pan.

4. Add garlic and cabbage, stir well, cover and simmer for 20 minutes.
5. Add the noodles and simmer for 5 minutes more or until cabbage is at the desired tenderness.
6. Add salt and pepper to taste before serving.