

# Healthy Recipe of the Week

*Use Organic ingredients whenever possible.*

## Corned Beef and Cabbage

From [www.allrecipes.com](http://www.allrecipes.com)

Serves 5

3 pounds corned beef brisket with spices or spice packet

10 small red potatoes

5 carrots, peeled and sliced

1 large head cabbage, cut into small wedges

Serving suggestion: Whole grain mustard or horseradish sauce (recipe follows)

1. Place corned beef in large pot or Dutch oven and cover with water. Add the spice packet that came with the corned beef. (If you want to add more flavor, you can add 2 bay leaves, 2 teaspoons black peppercorns, 4 whole allspice berries and 2 whole cloves to the water). Cover pot and bring to a boil, then reduce to a simmer. Simmer approximately 50 minutes per pound until tender.
2. Add whole potatoes and carrots, and cook until the vegetables are almost tender. Add cabbage and cook for 15 minutes. Remove meat and let rest 15 minutes.
3. Place vegetables in a bowl and cover. Add as much broth (cooking liquid reserved in the Dutch oven or large pot) as you want. Slice meat across the grain.

Horseradish Sauce:

$\frac{3}{4}$  cup mayonnaise

$\frac{3}{4}$  cup sour cream

$\frac{1}{4}$  cup plus 2 tablespoons jarred grated horseradish (with liquid)

$\frac{1}{2}$  teaspoon grated lemon zest

2 teaspoons salt

Freshly ground black pepper

In a small bowl, mix together the mayonnaise, sour cream, horseradish, zest, and 2 teaspoons salt. Season generously with pepper to taste. Refrigerate the horseradish sauce for at least 30 minutes before serving.

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