

Corned Beef Dinner

1 1/4 lbs. corned beef brisket
5 small red potatoes
1/3 cabbage, cut in wedges

Trim excess fat from meat. Place meat in a heavy kettle. Cover with hot water. Cover tightly and simmer about 3 hours. Skim off excess fat and add potatoes. Cover and cook an additional 20 minutes. Add cabbage and continue cooking 10-15 minutes. Makes 8 servings.

Nutrition information per serving: calories 134; protein 15 grams; fat 3 grams; sodium 567 mg