

RECIPE OF THE WEEK

Garlic Roasted Cabbage Steaks

Ingredients

1 (apx. 2 lb) head of green
cabbage – 1 inch thick slices
1 ½ tsp. olive oil

2-3 large garlic cloves – smashed
Salt
Freshly ground black pepper
Non-stick cooking spray



Preparation

1. Preheat the oven to 400°F and spray a baking sheet with non-stick cooking spray.
2. Pull outer leaves of cabbage off if ragged and dirty.
3. Cut cabbage into 1 inch thick slices.
4. Rub both sides of cabbage with smashed garlic.
5. Use a pastry brush to spread the olive oil on both sides evenly.
6. Roast on the middle rack for 30 minutes.
7. Carefully flip the cabbage steaks and roast for another 30 minutes until the edges are brown and crispy.
8. Serve hot and enjoy!

