



GARLIC-RUBBED ROASTED CABBAGE STEAKS

DIRECTIONS:

1. Preheat oven to 400°F.
2. Spray a baking sheet with non-stick cooking spray. Discard outer leaf of cabbage and cut remaining cabbage into 1-inch thick slices.
3. Coat both sides of cabbage with olive oil and minced garlic. Season with salt and pepper to taste.
4. Roast on the middle oven rack for 30 minutes. Carefully flip the cabbage steaks over and roast for an additional 30 minutes until edges are brown and crispy.

Note: Cut cabbage from top to bottom with the bottom being the root.

YOU WILL NEED:

- 1 head of cabbage, cut into 1-inch slices
- 1 ½ tablespoons olive oil
- 2-3 garlic cloves, minced
- salt and pepper to taste



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