

Roasted Cabbage Steaks

Serves 4



VEGAN



VEGETARIAN



GLUTEN FREE



DAIRY FREE



Ingredients

- 1 small head green cabbage
- ½ cup extra virgin olive oil
- Salt and pepper to taste

Directions

1. Preheat oven to 400°F. Line a baking sheet with parchment or a silicone baking mat, or brush with oil.
2. Slice cabbage into ½ inch steaks.
3. Brush with olive oil.
4. Bake until edges are deep golden brown, turning halfway, about 35-40 minutes. Season with salt and pepper to taste

Notes

This recipe can be the base for other flavorings. Try other flavor combinations, such as:

- Balsamic glaze: olive oil, balsamic vinegar, and honey
- Sesame soy: Reduced sodium tamari or soy sauce, sesame oil, and rice vinegar
- Thai: Oil, lime juice, garlic, brown sugar, cilantro, and sambal oelek
- Mustard vinaigrette (dress after roasting): oil, red wine vinegar, coarse mustard, Dijon mustard, honey, garlic, salt, pepper, and water to thin if necessary

Recipe from [Affordable But Forgotten Foods](#) cooking class, Spring 2020