



## *Adventures in Cooking* *Debbie Larch*

<https://niftysquirrel.com/adventures-in-cooking/recipes/>

### **Garlic Rubbed Roasted Cabbage Steaks**

#### **Ingredients:**

1 (approximately 2lb) head of organic green cabbage, cut into 1" thick slices

1.5 tablespoons olive oil

2 to 3 large garlic cloves, smashed

Kosher salt

Freshly ground black pepper

Spray olive oil OR non-stick cooking spray

#### **Instructions:**

- Preheat oven to 400°F and spray a baking sheet with non-stick cooking spray. Pull outer leaf off cabbage (it's usually dirty and nasty looking), cut cabbage from top to bottom (bottom being root) into 1" thick slices.
- Rub both sides of cabbage with smashed garlic.
- Use a pastry brush to evenly spread the olive oil over both sides of the cabbage slices.
- Finally, sprinkle each side with a bit of kosher salt and freshly cracked black pepper.
- Roast on the middle rack for 30 minutes. Carefully flip the cabbage steaks and roast for an additional 30 minutes until edges are brown and crispy.

Serve hot and Enjoy!