

Roasted Garlicky Cabbage



Course: Side Dish

Categories: Vegetable

Source: www.livingupwell.com

Serving size: 4 servings of 1 cup

Preparation time: 10 mins

Cooking time: 15 mins

Ingredients

- 1 head of cabbage (green or red)
- 4 cloves of garlic (or 1 tsp garlic powder)
- 2 teaspoons avocado oil

Directions

Pre-heat oven to 450 F

1. Peel outer wilted layers of cabbage. Turn the cabbage on it's side and start cutting 1/4 inch slices from the opposite end of the stem. Take each slice and thinly slice the cabbage into strips, going as far as you can until you hit the core. Cut slices around the core and discard the core. Cut those slices into thin strips.
2. Place strips on 1-2 cookie sheets with parchment paper.
3. Finely chop 4 cloves of garlic and add to cookie sheet.
4. Drizzle with 2 tsp avocado oil and season with salt and black pepper. Toss to mix seasonings and oil. Lay out cabbage in a single layer so it will brown instead of steam.
5. Cook on lowest rack for 10-15 minutes until some strips start to brown. Remove from oven.

Notes

Equipment:

- 1-2 Cookie sheets
- Parchment paper
- Chef's knife
- cutting board