



# ROASTED CABBAGE STEAKS

## ingredients:

- |                             |                                       |
|-----------------------------|---------------------------------------|
| Vegetable oil cooking spray | 1/4 teaspoon salt                     |
| 1 medium head cabbage       | 1/8 teaspoon black pepper             |
| 1 Tablespoon canola oil     | 1 Tablespoon brown sugar              |
| 1/2 teaspoon caraway seeds  | 2 Tablespoons golden balsamic vinegar |
| 1/2 teaspoon garlic powder  |                                       |

## directions:

1. Preheat oven to 400 degrees.
2. Coat a large sheet pan with cooking spray.
3. Cut bottom of core off cabbage head, placing flat end on cutting board. Cut cabbage head into 6 thick slices (steaks) and arrange in a single layer on sheet pan. Brush top of each cabbage steak with oil.
4. Using a mortar and pestle, crush caraway seeds, leaving some whole if desired. Add garlic powder, salt, pepper, and brown sugar and stir.
5. Sprinkle spice mixture over cabbage steaks.
6. Place in oven and roast 30 to 40 minutes, or until cabbage is tender and begins to caramelize (turns brown).
7. Transfer steaks to a serving dish and drizzle with balsamic vinegar.

Yield: 6 servings

## Nutrition Information Per Serving:

64 Calories  
2 grams Fat  
0 grams Saturated Fat  
0 mg Cholesterol  
102 mg Sodium  
10 grams Carbohydrates  
3 grams Fiber  
2 grams Protein

Food exchanges:  
2 vegetables, 1/2 fat



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