

Insanely Easy Roasted Cabbage by Cleo Coyle

Text & photos (c) by Alice Alfonsi, who writes the [Coffeehouse Mysteries](#) as [Cleo Coyle](#) with her husband, Marc Cerasini

Cabbage is low in fat and calories and has nice nutritional benefits, including dietary fiber. This is a delicious way to prepare it. The cabbage wedges are roasted in high heat with olive oil. While the outside edges char, the insides become tender and buttery. The results are truly delicious and the recipe is insanely easy. The first time you make it, I strongly suggest that you use nothing more than a bit of salt so you can taste the buttery sweetness of those interior wedge leaves. More seasonings can be added to your liking (e.g., dried garlic and onion flakes, cracked black pepper, rosemary, dill, caraway seeds, red pepper flakes). Just go lightly on the seasonings because the roasted cabbage taste is so delicate. A squeeze of lemon before serving is a very nice finish. If you're not a lemon fan, try a drizzle of olive oil, or (if you're not a vegan) a bit of butter and...Eat in good health! ~ **Cleo**

Ingredients:

Head of green cabbage

Olive oil

Salt (*sea salt will give you nice flavor*)

(*Optional*) Your favorite seasoning mix (*suggestions in directions*)

Directions:

Step One - The trick to slicing: As you see in my photos, you'll need to slice up the cabbage, but there's a trick to it. You want most of your slices to include the core. The core will help keep the cabbage wedges together during cooking. I've roasted cabbages in thick slices and also in wedges, and (frankly) I prefer the wedges. You can experiment with what you like best.



Step Two - Prep with olive oil and very light seasoning: Preheat your oven to 400 degrees Fahrenheit. Generously grease a heavy half-sheet pan with olive oil. Place the slices on the pan. Use a brush to coat the tops with more olive oil. Sprinkle with salt. If you use cracked black pepper or any other seasonings (e.g., dried garlic and onion flakes, caraway seeds, rosemary, dill, red pepper flakes), do so lightly. When roasted, the cabbage has a delicate, buttery flavor and too much seasoning can overpower it.

Step Three - Roast in your preheated 400 degree F. oven for 30 to 45 minutes (final time will depend on your oven and pan). FLIP the cabbage slices halfway through cooking.

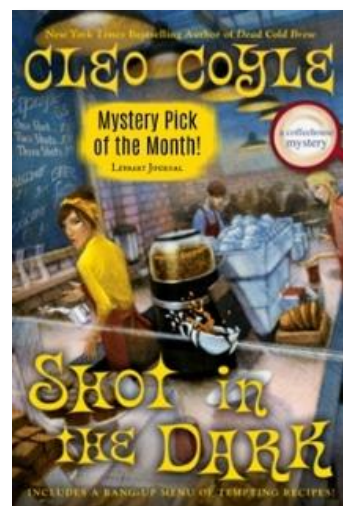
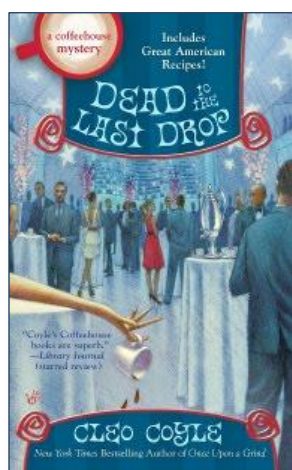
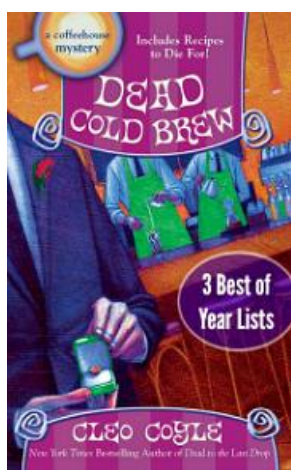
I use two forks to do this. Be careful and try to keep the cabbage slices together. (Yes, they will attempt to fall apart on you, but using two forks and a bit of care, you can keep them together. You can do it! I believe in you!) Roasted cabbage wedges are done when you see the edges char (turn brownish), as in my photos.



Serve with a lemon wedge for a fresh squeeze of bright flavor over the finished veg and...

Eat with joy! —Cleo

The [Coffeehouse Mysteries](#) are bestselling culinary mysteries, set in a landmark Greenwich Village coffeehouse. Each includes the added bonus of recipes. To learn more and see more recipes, visit Cleo Coyle's online coffeehouse at www.CoffeehouseMystery.com And her recipe blog at www.CleoCoyleRecipes.com



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