

[Everyday Maven](#)

Yields 4

# Garlic Rubbed Roasted Cabbage Steaks

2 Points Plus Per Serving -- Serves 4

5 min

Prep Time

60 min

Cook Time

1 hr, 5

Total Time

## Ingredients

1 (approx 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 400F 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!

<https://www.everydaymaven.com/2012/garlic-rubbed-roasted-cabbage-steaks/>

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