**Roasted cabbage.**

INSANELY delicious, easy, inexpensive & healthy

1 tsp. olive oil (5g)

2 tbsp. real bacon bits (14g)

2 tbsp. lemon juice

1 tbsp. Worcestershire sauce

1/4 tsp. kosher salt

1/4 tsp. ground black pepper (more or less to taste)

1 Medium Head of Cabbage

Preheat the oven (or the grill,) to 425 degrees.

Mix the olive oil, bacon bits, lemon juice, Worcestershire sauce, salt and pepper to make the marinade.

Prepare the cabbage. Rinse it under water and remove any yucky loose leaves.

Cut the head in half on the core. Then cut the halves in half again to make quarters.

Lay each wedge on a sheet of aluminum foil large enough to wrap it up in. Spoon about 2 tbsp. of the marinade on top making sure to get it in all the nooks and crannies.

Wrap each wedge and bake for 20-30 minutes.

I say 20-30 because they will continue to cook once you pull them out and I like mine still crunchy. So I let them sit for a little while pull them out around the 20 minute mark. However, some like to cook them up to an hour for softer cabbage.

The wedges reheat wonderful in the oven or the microwave! Like this, there are more if you join us at https://www.facebook.com/groups/GetHealthyFeelGreat