

Garlic Roasted Cabbage Steaks - A Low-Carb, High-Flavor Veggie Dish

A Crispy, Flavor-Packed Side That's Surprisingly Addictive



OVEN
400°F

TIME
40 min

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INGREDIENTS

- 1 large head of green cabbage
- Olive oil, for brushing
- Garlic salt, to taste
- Freshly cracked black pepper, to taste

DIRECTIONS

1. ? Step 1: Prep the Cabbage: Preheat your oven to 400°F (200°C).
2. Remove any wilted outer leaves from the cabbage.
3. Trim off the stem to create a stable base, then slice into 1 to 1½-inch thick steaks.
4. ? Step 2: Season: Line a baking sheet with parchment paper or foil.
5. Lay the cabbage steaks flat in a single layer.
6. Brush both sides with olive oil.
7. Season both sides generously with garlic salt and black pepper.
8. ? Step 3: Bake: Bake for 30-40 minutes, flipping halfway through if desired.
9. For extra crispy edges (and maximum flavor!), leave them in for 40 minutes.
10. ? Step 4: Serve: Serve hot, straight from the oven.
11. Sprinkle with any garnishes or serve as-is with your favorite mains.

TIPS FOR SUCCESS

- Use a sharp knife to get even cabbage slices.
- Don't overcrowd the pan -give each steak room to crisp up.
- Flip carefully if you want even browning on both sides, but it's optional.
- Customize the flavor with your favorite seasoning blends (taco, Cajun, Italian, etc.)

