

Healthy Food for a Wealthy Mood



ROASTED CABBAGE WITH LEMON

1 head of green cabbage
1 Tbsp. olive oil
2 Tbsp. fresh squeezed lemon juice
Sea salt
Fresh ground black pepper
Lemon slices, for serving (optional)

Preheat oven to 450. Spray a roasting pan with non-stick spray or olive oil.

Cut the head of cabbage into 8 same size wedges, cutting through the core and stem. Then carefully trim the core strip and stem from each wedge. Arrange wedges in a single layer on the roasting pan, leaving as much space in between them as possible.

Whisk together the olive oil and lemon juice. With a pastry brush, brush the top sides of each wedge and generously season with salt and pepper. Turn wedges over and do the same on the other side.

Roast cabbage for 10-15 minutes, or until the side touching the pan is nicely browned. Then turn each wedge over and roast another 10-15 minutes until the cabbage is nicely browned and cooked through with a little crunch remaining. Serve hot with additional lemon slices to squeeze on wedges if desired.

Calories: 137.7, Total Fat: 7.6g, Saturated Fat: 1g, Cholesterol: 0,
Sodium: 56.2mg, Total Carbs: 16.9, Dietary Fiber: 7.2g, Protein: 4.5g

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