



EASY ROASTED CABBAGE

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Easy roasted cabbage is a simple, flavorful dish made by slicing cabbage into wedges or rounds, drizzling with olive oil, and seasoning with salt, pepper, and optional flavors like lemon. Roasted in the oven until golden and tender, it creates a slightly sweet, caramelized flavor with crispy edges. Perfect as a healthy side dish for any meal!



Ingredients

1 medium head **cabbage**,
about 1 ½ pounds
2 tablespoons **avocado oil**
1/2 teaspoon fine **sea salt**
1/2 teaspoon **ground black pepper**
1 tablespoon **fresh lemon juice**

Directions

1. Heat the oven to 425°F (218°C). Prepare a baking sheet (we roast directly on the baking sheet, but for easy clean-up, put down a silicone baking mat or a sheet of parchment paper).
2. Prepare the cabbage by cutting it into four wedges and removing the core. Next, slice the wedges into strips about 1/2 inch thick.
3. Add the cabbage to the baking sheet and toss with the oil, salt, and pepper. Spread into one layer.
4. Roast the cabbage without moving it until it starts browning, about 15 minutes. When you notice the browning, stir the cabbage, spread it back into an even layer, and roast for 5 to 10 more minutes. We enjoy our cabbage deeply browned, so we tend to keep the cabbage in the oven a bit longer.
5. Toss with lemon juice, and serve.

*Recipe adapted from
Inspired Taste*