



Garlic Roasted Cabbage

SERVES: 4-6

PREP TIME: 10 min.

COOK TIME: 20 min.

Ingredients:

- 1 head cabbage
- 2 Tablespoon oil (Vegetable or Olive)
- 1 Tablespoon finely garlic
(Or 1 ½ teaspoons garlic powder)
- 2 teaspoon fennel seeds
- 1 teaspoon kosher salt, to taste
- ½ teaspoon black ground pepper, to taste
- Parsley for garnish



Directions:

1. Preheat oven to 400°F and line a baking sheet with parchment paper.
2. Slice the cabbage head into 1" slices and arrange on the prepared baking sheet. Brush with half of the oil, garlic paste, fennel, salt, and pepper. Carefully flip and apply the remaining oil, garlic, and spices.
3. Roast for 20 minutes, and flip back over. Roast for another 20 minutes, or until crispy around the edges.