



Roasted Cabbage Wedges

Recipe Source: www.marthastewart.com

Servings: 4

Ingredients:

- 1 Tbsp extra-virgin olive oil
- 1 medium head green cabbage, cut into 1-inch thick rounds (leave core in)
- Coarse salt and ground black pepper
- 1 tsp caraway or fennel seeds

Steps:

- Preheat oven to 400°. Spray a rimmed baking sheet lightly with cooking spray. Place cabbage rounds in a single layer on sheet and brush with the olive oil. Season with salt and pepper, and sprinkle with caraway or fennel seeds.
- Roast until cabbage is tender and edges are golden, 40-45 minutes.

Tips from the Test Kitchen: Dried oregano can be used instead of fennel or caraway seeds, or another favorite herb. If you prefer cabbage more crisp-tender, check after about 25-30 minute.

Nutritional Facts (Per Serving): Calories: 88, Carbohydrates: 13 grams, Protein: 3 grams, Total Fat: 4 grams, Saturated Fat: 0.5 grams, Cholesterol: 0 mg, Sodium: 187 mg, Fiber: 6 grams, Sugars: 0 grams.