

Cabbage Steaks

Roasted Cabbage Steaks are an easy, flavorful side you can eat with so many things. Just slice a head of cabbage then bake or grill it to crispy perfection

Ingredients

- 1 small head green cabbage *any dark, loose leaves removed*
 - 1/4 cup [extra virgin olive oil](#)
 - 2 cloves garlic *minced*
 - 1 teaspoon [kosher salt](#)
 - 1/4 teaspoon [ground black pepper](#)
 - 1/3 cup raw pecan halves or walnut halves *optional*
 - 1 small lemon *halved (optional but very good)*
 - For serving: grated Parmesan (highly recommended) *chopped fresh herbs, such as thyme or parsley (optional)*
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Instructions

- Preheat oven to 200 degrees C. Generously coat a rimmed baking sheet with nonstick spray and set aside.
- Cut off the bottom (root) end of the cabbage and place it on a cutting board sitting up so that the flat end is on the cutting board. Cut top to bottom into 2cm thick slices. Place on the prepared baking sheet. If you have more slices than fit on your baking sheet without touching, divide them between two baking sheets.
- In a small bowl, whisk together the olive oil, garlic, salt, and pepper. Brush over one side of the cabbage, then flip the cabbage over and brush the other side. Roast the cabbage for 25 - 30 minutes, or until crispy at the edges and tender in the center. Halfway through the baking time, rotate the pan(s) 180 degrees; if you are using two pans, switch their positions on the upper and lower racks at this point too. No need to flip the cabbage over. Don't worry about any extra crispy, dark leaves around the very outsides; they'll taste incredible.
- While the cabbage bakes, toast the pecans in the oven at the same time: spread the pecans onto a small, ungreased baking sheet. Toast them in the oven with the cabbage until fragrant and the center of a pecan is light tan when broken in half, about 8 minutes, tossing them once halfway through. DO NOT WALK AWAY during the last several minutes of baking. Nuts love to burn the second you do. Remove the pecans from the oven and transfer immediately to a cutting board (if you leave them on the hot pan and they are super toasted already, they may burn). Let cool, then roughly chop.
- Sprinkle the roasted cabbage with Parmesan and fresh herbs. Squeeze the lemon over the top, then finish with the chopped pecans. Serve hot.