

I made these roasted cabbage wedges tonight and they were really delicious! The roasting brought out the sweetness and the brown, roasted parts were especially yummy. My husband wasn't too sure if he'd like them, but he did! They'd be really good served with spaghetti sauce spooned over them.



## Oven Roasted Cabbage Wedges - Low Carb, Paleo, Gluten Free

Oven Roasted Cabbage Wedges May 5, 2014 By Peace Love and Low Carb 14 Comments Did you know that cabbage is one of the oldest known vegetables??...

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# Oven Roasted Cabbage Wedges

**Prep Time:** 15 minutes

**Cook Time:** 45 minutes

## Ingredients

- 1 Head Green Cabbage
- ¼ Cup Olive Oil
- 1 ½ tsp. Garlic Salt
- 1 tsp. Onion Powder
- 1 tsp. **Fennel Seeds**
- ¼ tsp. Black Pepper
- (2 Tbs. Peace and Love)

## Instructions

1. Preheat oven to 400° Line a **rimmed baking sheet** with aluminum foil or parchment paper.
2. Cut cabbage in 1” slices from top to bottom. (Stem being the bottom)
3. Lines slices in a single layer on baking sheet. Brush each wedge with a generous coating of olive oil.
4. In a small bowl, combine garlic salt, onion powder, fennel seeds, and black pepper. Sprinkle seasoning over each wedge.

5. Bake for 45 minutes on middle rack– flipping half way through.