

Baked Cabbage Steaks

Submitted By: Joann Wagoner Time: 1.5 hours

Instructions

1. Preheat oven to 350F
2. Spray the dark colored baking pan with coconut oil or grapeseed oil
3. Rub crush garlic on top of each stalk of cabbage
4. Mix salt and pepper together to mix over the cabbage steaks
5. Bake @ 350 for 45 minutes
6. Half way through the cooking process, sprinkle a little water over the steaks to keep them from drying out so badly
7. Remove dark edges before service

Notes:

Serve with baked or grilled protein

Ingredients

- 1 large head of cabbage cut into 2 thick circular slices
- 2 to 3 tbsp. of garlic infused or regular grapeseed oil, coconut oil, or olive oil
- 1/2 tsp. of sea salt
- 1 tsp. of black pepper
- 2 tsp. of crushed garlic