



## CABBAGE STEAK

Basic Lifestyle

### INGREDIENTS

- 1 head cabbage
- 2 TBS light olive oil
- 2 TBS minced garlic
- ½ TSP salt, or to taste
- ½ TSP ground black pepper, or to taste

### INSTRUCTIONS

- Preheat the oven to 350 degrees F.
- Cut the bottom off of the cabbage and set it so the flat end is on the cutting board; cut into 1-inch thick slices. Arrange slices in a single layer in a large casserole dish.
- Drizzle oil over cabbage slices and sprinkle with garlic. Season cabbage with salt and pepper. Cover the dish with aluminum foil.
- Bake in the preheated oven until cabbage core is easily pierced with a fork, about 45 minutes.

### SERVING INFO: (Serves 6)

1 steak = 2 V

See photo of recipe at [Instagram](#) and [Facebook](#).