

Roasted Cabbage with Chive-Mustard Vinaigrette

Serves: 4

Source: <http://www.Eating Well.com>

Items Needed: cutting board, baking sheet, measuring spoons, oven, small bowl, serving plate

Ingredients:

½ medium green cabbage (1-1/2 pounds), outer leaves removed

1 Tablespoon extra-virgin olive oil

¼ teaspoon salt

¼ teaspoon ground pepper

2 teaspoon Dijon mustard

2 teaspoon white balsamic or white-wine vinegar

1 teaspoon lemon juice

¼ teaspoon ground pepper

1/8 teaspoon salt

3 Tablespoon minced fresh chives

2 Tablespoon extra-virgin olive oil

Directions:

1. Preheat oven to 450 degrees F.
2. Coat a large baking sheet with cooking spray.
3. To prepare cabbage: Cut cabbage half into 4 wedges and cut out any thick core, leaving the wedges as intact as possible.
4. Drizzle the cut sides of the cabbage with 1 Tablespoon oil and sprinkle with ¼ teaspoon each salt and pepper.
5. Roast the cabbage for 12 minutes.
6. Carefully flipped cabbage over (it's OKAY if it falls apart a little) and roast until browned on both sides, about 8 more minutes.
7. While the cabbage is roasting, prepare vinaigrette: Combine mustard, vinegar, lemon juice, pepper and 1/8 teaspoon salt in small bowl. Add chives and oil, still unit well combined.
8. Transfer cabbage to a serving plate and drizzles with vinaigrette while still hot.
9. Serve hot or room temperature.

Nutrition Information:

Calories: 125 Fat: 11g Carbs: 9 g Protein: 2 g Fiber: 5g Sodium: 205 mg

