



Baked Cabbage Steaks

So simple but a great and quick way to use all that cabbage that is being harvested at this time of the year.

Ingredients

- *1 med head of cabbage*
- *olive oil*
- *pepper*
- *garlic salt*

Preparation

Preheat oven to 400. Remove outer leaves from head of cabbage, wash and then remove the core. Cut into 1 to 1 1/2 inch thick steaks - brush both sides with olive oil, garlic salt and pepper. Bake 30 to 40 minutes. At 40 minutes the edges will start to brown deliciously. This is a calorie friendly recipe.