

Roasted Cabbage Steaks

*These **Roasted Cabbage Steaks** are so easy and delicious. Made with only six ingredients, this simple recipe makes a flavorful snack or side that you're going to just love!*

Course: Main Course

Cuisine: American

Prep Time: 10 minutes

Cook Time: 25 minutes

Total Time: 35 minutes

Servings: [4](#) steaks

Calories: 200kcal

Author: Julia Maz

Ingredients

- 2 small cabbage heads
- 3 Tbsp. olive oil
- ½ tsp. salt or to taste
- 2 tsp. paprika
- 1 Tbsp. garlic powder

Instructions

1. Cut the stems off the cabbage heads and then cut each one in half, then in half again. You should have four thick cabbage slices that are about ¾ to 1 inch thick from each head.
2. Place the cabbage steaks on a baking sheet that is lined with parchment paper, allowing some space between each one for even cooking.
3. Brush the cabbage with the olive oil, coating them thoroughly. Then generously sprinkle the salt, garlic powder, and paprika on the cabbage steaks.
4. Flip the cabbage over and repeat, brushing them with oil and sprinkling the seasonings. Then add a pinch of red pepper flakes to each one, if desired.
5. Bake the cabbage steaks at 400°F in a preheated oven for about 25 minutes, until the leaves are browned, there are crispy edges, and the center is tender. Serve hot out of the oven.

Notes

What to serve it with

- **As is.** These Cabbage Steaks make a great snack and can be enjoyed all on their own.
- **With pasta.** Enjoy this cabbage dish alongside your favorite pasta and sauce.
- **With other grains.** Quinoa, bulgur, millet, barley, farro, and wheat are just a few of the options that this Cabbage Curry tastes great with. I especially love this [Spinach Rice](#).
- **Topped with tofu.** Diced and sauteed tofu tastes delicious on top of these.
- **With other veggies.** Riced cauliflower, roasted eggplant, and sauteed mushrooms all go great with roasted cabbage.

How to store and reheat

To store Roasted Cabbage Steaks, allow them to cool before placing them in a container with a tight lid and refrigerating them. They will stay fresh in there for about 3 days. When you are ready to reheat them, you can either microwave them for a few minutes or place them on a baking sheet to warm in a 350°F oven until they reach the desired temp.

Nutrition

Calories: 200kcal | Carbohydrates: 24g | Protein: 5g | Fat: 11g | Saturated Fat: 2g | Polyunsaturated Fat: 1g | Monounsaturated Fat: 8g | Sodium: 306mg | Potassium: 656mg | Fiber: 9g | Sugar: 12g | Vitamin A: 427IU | Vitamin C: 134mg | Calcium: 146mg | Iron: 2mg