

HEALTHY RECIPES

from Bridget Wood, RD, LD, CDCES



GRILLED CABBAGE

INGREDIENTS

- 1-2 Heads of Cabbage (Any type will do!)
- Oil of your Choice (I used Extra Virgin Olive oil, but feel free to use any neutral heart-healthy oil like grapeseed, canola or avocado)
- Pepper (to taste)
- Salt (to taste; I used flake/finishing salt)
- Smoked Paprika (to taste)
- *Optional: Sauce of your choice, such as sriracha, a spicy tahini sauce, a homemade balsamic vinegar glaze, or a creamy avocado dressing*

STEPS

1. Wash and slice your cabbage into slices. Do not worry about removing the inner core as you slice as this will help to keep the slices from falling apart.
2. Brush or drizzle oil of your choice onto the slices. Sprinkle salt and pepper on one side of each slice.
3. Place directly on the grill and cook until softened and slightly charred.
4. Remove from the grill and top with smoked paprika and sauce of your choice

Recipe can be adapted to use in the oven. Simply follow the steps above and prepare in your oven on 400 degrees Fahrenheit until cabbage slightly browned and crispy!