

Roasted Napa Cabbage with Garlic

Ingredients

1 head Napa cabbage rinsed well, outer leaves removed and sliced into 4 vertical wedges
1/2 cup olive oil
1 tsp. lemon zest
3 cloves garlic peeled
1 Tbs. chopped parsley
coarse kosher salt and fresh ground pepper
chopped parsley for garnish

Instructions

1. Pre-heat oven to 450 degrees. Line a baking sheet with parchment or non-stick baking mat.
2. In a blender or food processor combine olive oil, lemon zest, garlic and parsley. Blend until smooth.
3. Gently brush both sides of cabbage with oil and garlic mixture and season with salt and pepper. Place cabbage cut side down on baking sheet.
4. Bake in middle rack of oven for 10 minutes then gently turn cabbage so other cut side is on baking sheet, roast for 5 minutes more.
5. Remove from oven and garnish with chopped parsley.

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