

Roasted Cabbage with Chive Mustard Vinaigrette

Courtesy of *Eating Well*: March/April 2014



Makes: 4 servings

Ingredients:

Cabbage

- 1/2 medium green cabbage (1-1 1/2 pounds), outer leaves removed
- 1 Tbsp. extra-virgin olive oil
- 1/4 tsp. salt
- 1/4 tsp. freshly ground pepper

Vinaigrette

- 2 tsp. Dijon mustard
- 2 tsp. white balsamic or white-wine vinegar
- 1 tsp. lemon juice
- 1/4 tsp. freshly ground pepper
- 1/8 tsp. salt
- 3 Tbsp. minced fresh chives
- 2 Tbsp. extra-virgin olive oil

Preparation:

Preheat oven to 450°F. Coat a large baking sheet with cooking spray. To prepare cabbage: Cut cabbage half into four wedges and cut out any thick core, leaving the wedges as intact as possible. Drizzle the cut sides with 1 Tbsp. oil and sprinkle with 1/4 tsp. each salt and pepper. Place the wedges flat-side down on the prepared baking sheet. Roast the cabbage for 12 minutes. Carefully flip over (it's OK if it falls apart a little) and roast until browned on both sides, about 8 minutes more **To prepare vinaigrette:** Combine mustard, vinegar, lemon juice, pepper and 1/8 tsp. salt in a small bowl. Add chives and oil; stir until well combined Transfer the cabbage to a serving plate (or plates) and drizzle with the vinaigrette while still hot. Serve hot or room temperature.

Nutrition Per serving: 125 calories; 11g fat, 7 g carbs; 2g protein; 271 mg sodium

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