



### **Roasted Red Cabbage**

Ok, this is so delicious; my only regret is that I hadn't tried red cabbage sooner! It is so easy...literally just slice it, slick it with olive oil and slide it into the oven. The longer cruciferous veggies stay exposed to heat, the crispier they get.

#### **INGREDIENTS**

- 1 medium head red cabbage, cored with outer leaves removed, cut into bit-sized pieces (about 16 cups)
- 1/3 cup extra-virgin olive oil
- 1 1/2 tablespoon apple cider or balsamic vinegar (optional)
- Himalayan or Celtic sea salt (about 1 teaspoon)

#### **DIRECTIONS**

1. Preheat oven to 425 degrees F. Prepare two baking sheets lined with parchment paper.
2. Gently toss cabbage pieces in nonreactive bowl with oil, not to worry about leaves separating. Spread single layer on baking sheets. Roast for about 30 minutes. You may want to remove thin cabbage leaves before they get too crispy and brown. Crispy cabbage tastes great too!
3. Remove pans from oven, splash vinegar over cabbage, toss with salt. Serve immediately and Enjoy!

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