

Honey-Mustard Roasted Cabbage

Roasting cabbage brings out its sweet and savory side. Caraway seed is a natural pairing with this cruciferous veggie, and a combination of honey and Dijon mustard deepens the flavor. Serve as a side to pork chops, burgers or roasted chicken.

Source: EatingWell.com, July 2020

Recipe Summary

active: 15 mins

total: 35 mins

Servings: 4



Ingredients

Ingredient Checklist

- 6 cups coarsely shredded green cabbage (1 pound)
- 1 small onion, halved and sliced (3/4 cup)

- 2 tablespoons extra-virgin olive oil
- ¾ teaspoon caraway seeds
- ¼ teaspoon salt
- ¼ teaspoon ground pepper
- 1 tablespoon honey
- 1 tablespoon Dijon mustard

Directions

Instructions Checklist

- Step 1

Preheat oven to 400 degrees F.

- Step 2

Combine cabbage, onion, oil, caraway seeds, salt and pepper in a large bowl. Transfer to a large rimmed baking sheet and roast until soft and starting to brown, about 15 minutes. Drizzle with honey and mustard; stir well to coat. Continue roasting until the flavors have melded, about 5 minutes more.

Nutrition Facts

Serving Size: ¾ cup

Per Serving:

114 calories; protein 1.6g 3% DV; carbohydrates 12.3g 4% DV; dietary fiber 3.1g 13% DV; sugars 8.4g; fat 6.9g 11% DV; saturated fat 1g 5% DV; vitamin a iu 105.5IU 2% DV; vitamin c 39.8mg 66% DV; folate 48.6mcg 12% DV; calcium 49.8mg 5% DV; iron 0.7mg 4% DV; magnesium 15.7mg 6% DV; potassium 221.6mg 6% DV; sodium 255.4mg 10% DV; added sugar 4g.

<http://www.eatingwell.com/recipe/280808/honey-mustard-roasted-cabbage/>