

Roasted Cabbage with Walnut Rosemary Dressing Recipe



I read recently that 2020 is going to be the year of cabbage.

If you think you don't like cabbage, or if you haven't tried roasting it, you've got to give this simple recipe a try. It's so delicious, and the cabbage develops a slight sweetness when you roast it that will change the way you look at cabbage.

The walnut dressing is a total game-changer if you already enjoy roasting vegetables. You're going to want to add it to everything you roast – and you can because it's full of healthy fats!

In fact, this recipe includes several sources of healthy fat in addition to the chlorophyll-rich cabbage. That's a combination that will help you end your addiction to sugar.

On Thursday, I'll explain why sugar is making you sick. And what you can do about it like eating more foods like this recipe.

Give it a try and let me know what you think over [on Facebook](#).

ROASTED CABBAGE WITH WALNUT ROSEMARY DRESSING

Ingredients [Serves 4]

1 large head of green cabbage, cut into 6 wedges
2 medium onions, sliced
1/2 cup coconut oil
10 garlic cloves, smashed and cut in half
6 rosemary sprigs
1 1/2 cups walnuts, chopped
1/4 cup apple cider vinegar
1/4 cup extra virgin olive oil
Sea salt to taste (Celtic Grey, Himalayan, or Redmond Real Salt)
Black pepper to taste



Directions

Preheat oven to 400° F. In a large pan toss cabbage and onions with coconut oil. Season with salt and pepper to taste. Place the wedges cut side down in a single layer in the pan. Scatter the garlic and rosemary around the cabbage. Cover with foil and bake for about 45 minutes or until cabbage is tender.

Bake uncovered for about 20 minutes, turning once, until it is brown around the edges.

Strip the rosemary leaves and set aside. In a medium bowl, add the apple cider vinegar and then whisk in the extra virgin olive oil in a slow stream. Season with salt and pepper. Stir in the chopped walnuts and rosemary. Drizzle the dressing over the cabbage wedges and enjoy!