



Greek-Inspired Roasted Cabbage

Recipe By CHEF CARLA FIGÁRO

SERVES: 4-8

INGREDIENTS:

- ☐ 1 head cabbage, cut into 4ths or 8ths
- ☐ ½ cup olive oil
- ☐ 1 lemon, zested and juiced
- ☐ 1 tsp. brown mustard
- ☐ 2 cloves garlic, smashed
- ☐ ¼ tsp. ground oregano
- ☐ ½ shallot
- ☐ ⅛ tsp. cumin
- ☐ ¼ tsp. onion powder
- ☐ ¼ tsp. salt
- ☐ ¼ tsp. pepper
- ☐ 6 drops liquid smoke

DIRECTIONS:

- ☐ 1. Preheat oven to 425°F. Line a baking sheet with parchment paper.
- ☐ 2. Place all ingredients ,except cabbage, in a blender cup and puree. Coat the cabbage wedges with this mixture.
- ☐ 3. Brush a well-seasoned cast iron skillet or good quality non-stick pan with olive oil and heat to medium high. Sear cabbage wedges on flat sides until nicely browned.
- ☐ 4. Place heel side down on sheet pan and roast for 18 - 20 minutes, or to desired doneness.

INGREDIENTS:

- ☐ 1 pint baby heirloom tomatoes, cut in half
- ☐ 1 red onion, diced
- ☐ 1-2 tsp. capers
- ☐ ¼ cup kalamata olives, cut in half
- ☐ 1 tbsp. olive oil
- ☐ 2 tbsp. butter
- ☐ ¼ cup savignon blanc
- ☐ 1 lemon, zested
- ☐ ¼ tsp. salt
- ☐ ¼ tsp. oregano leaves
- ☐ 2-4 tbsp. crumbled feta

DIRECTIONS:

- ☐ 1. In the same skillet, add 1 tbsp. olive oil and heat to medium. Add onion and garlic, saute for 1 minute. Add wine, simmer until reduced to half. Add tomato and olives, saute 2 minutes. Add remaining ingredients and simmer, stirring to incorporate.
- ☐ 2. Place a wedge on individual plates or wedges on a serving platter and top with sauce and feta crumbles.
- ☐ 3. Serve this with a side of hummus, tzatziki and pita.

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