

Cabbage Steaks



Ingredients

- 1 Cabbage
- 2 Tablespoons oil
- 3 Tablespoons garlic
- ¼ Teaspoon salt
- ½ Teaspoon pepper

Preparation

1. Preheat oven to 400°F.
2. Slice cabbage into 1-inch thick slices.
3. Drizzle half of the oil over the top half of cabbage slices.
4. Cover with half of the garlic, salt and pepper.
5. Flip slices over and repeat on other side.
6. Place on baking sheet and bake for 15-20 minutes.

Did
you
know?

Locally-grown cabbage is available in produce boxes from Meyers Farm at a reduced cost. Free shipping to your village is provided by YKHC Diabetes Prevention & Control. Visit meyersfarm.net to learn more or to order a box.



Yukon-Kuskokwim
HEALTH CORPORATION
Diabetes Prevention & Control