

# Honey Balsamic Roasted Cabbage



6-8 servings

Prep Time: 5 min Cook Time: 25-30 min

1 medium head cabbage, sliced into 1" slices

1 T. honey

(so you have big circles of cabbage)

3 sprigs fresh thyme

2 T. olive oil, divided

1/2 t. salt

2 T. balsamic vinegar

Preheat oven to 400 degrees F. Brush a rimmed baking sheet with 1 T. oil.

In a bowl, combine remaining 1 T. olive oil, salt, pepper, vinegar and honey. Arrange cabbage on pan in a single layer and brush with olive oil mixture. Nestle sprigs of thyme in among the cabbage. Roast until cabbage is tender and golden, about 25-30 minutes.

## Nutrition Facts per serving

Calories 60 , Protein 1 g, Carbohydrate 7 g, Total Fat 3 g, Saturated Fat 0 g,  
Fiber 0 g, Sugar 5 g, Sodium 158 mg



This recipe is provided by *Eat Well*, a healthy restaurant initiative supported by PartnerSHIP 4 Health in Otter Tail County. This recipe meets national nutrition standards for healthy eating.