



Roasted Smokey Green Cabbage

Ingredients

- 4 cups of chopped green cabbage (+- ½ a head)
- 1 tsp Spanish Smoked Paprika
- ½ tsp garlic powder
- salt and pepper
- olive oil spray

Instructions

- Preheat oven to 180 degrees.
- In an oven dish add the chopped cabbage.
- Spray generously with olive so all the cabbage is coated evenly.
- Toss with the Spanish Smoked Paprika and garlic powder.
- Season with salt and pepper.
- Cover with baking paper then tin foil and roast in oven for 30 minutes.
- Uncover stir up and roast for a further 10-15 minutes watch it doesn't burn.

Green cabbage is a nutrient dense cruciferous vegetable. Packed with sulfur containing compounds that help the body fight off cellular damage, chronic disease and inflammation. High in Vitamin K and C. Very good for detoxifying hormones and gut health.