

CUT 

# Roasted Savoy Cabbage



Where service *and savings* matter.

**SERVINGS:** 4

**INGREDIENTS:**

**NUTRITIONALS**

Nutritional analysis per serving:  
calories 130, calories from fat 100, total fat 11g, saturated fat 1.5g, cholesterol 0mg, sodium 330mg, total carbohydrate 9g, dietary fiber 4g, sugars 4g, protein 3g, vitamin A 25%, vitamin C 70%, calcium 4%, iron 4%

- 1 head (1 ½ pounds) Savoy cabbage
- 3 Tbsp Crisco light olive oil
- ½ tsp salt
- ¼ tsp pepper
- ½ tsp sugar

**DIRECTIONS:**

1. Line a shallow cookie sheet with foil and place in the oven. Preheat oven to 500 degrees with the pan inside.
2. Core 1 head Savoy cabbage and cut into 1-inch squares.
3. Toss with olive oil, salt, pepper and sugar in a bowl.
4. Quickly remove pan from the oven, spray with non-stick cooking spray and add the cabbage.
5. Roast about 7 to 8 minutes until slightly wilted and browned.

visit [unitedtexas.com](http://unitedtexas.com) for more recipe ideas

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## Shopping List

**PRODUCE:**

- 1 head (1 ½ pounds) Savoy cabbage

**SPICES/SEASONINGS:**

- Salt
- Pepper

**GROCERY/FROZEN/  
MISCELLANEOUS:**

- Crisco light olive oil
- Sugar