

Honey-Mustard Roasted Cabbage



Ingredient Checklist

- 6 cups coarsely shredded green cabbage (1 pound)
- 1 small onion, halved and sliced (3/4 cup)
- 2 tablespoons extra-virgin olive oil
- 3/4 teaspoon caraway seeds
- 1/4 teaspoon salt
- 1/4 teaspoon ground pepper
- 1 tablespoon honey
- 1 tablespoon Dijon mustard

- **Preheat oven to 400 degrees F.**
- **Preparation**

Combine cabbage, onion, oil, caraway seeds, salt and pepper in a large bowl. Transfer to a large rimmed baking sheet and roast until soft and starting to brown, about 15 minutes. Drizzle with honey and mustard; stir well to coat. Continue roasting until the flavors have melded, about 5 minutes more.

Recipe makes 4 servings; Serving Size: 3/4 cup **Nutrition Facts** 114 calories; protein 1.6g; carbohydrates 12.3g; dietary fiber 3.1g; sugars 8.4g; fat 6.9g; saturated fat 1g; vitamin a iu 105.5IU; vitamin c 39.8mg; folate 48.6mcg; calcium 49.8mg; iron 0.7mg; magnesium 15.7mg; potassium 221.6mg; sodium 255.4mg; added sugar 4g. *Recipe from EatingWell Daily Nosh*