



# Char-Grilled Cabbage Steaks

## with Whole Grain Mustard Sauce

Makes 4-6

### INGREDIENTS

- 1 medium cabbage, green
- 2 T. olive oil
- Salt and pepper to taste
- 3 Tbsps. Whole grain mustard
- 3 Tbsps. Greek yogurt, plain \*

### DIRECTIONS

1. Trim cabbage by removing damaged outer leaves and cutting brown off the core end. **Do not remove core.** Wash cabbage and pat dry with a clean paper towel.
2. Place cabbage, core side down, on cutting board. Slice cabbage into 3/4 inch steaks cutting from top to bottom (core will help hold together). Save scraps to add to salads/stir-fry.
3. Brush both sides of cabbage steaks with olive oil and season with salt & pepper. Set aside.
4. Pre-heat grill on medium-high. While grill is heating, blend whole grain mustard and yogurt in bowl. Chop chives or fresh parsley. Set aside.
5. When grill is hot, carefully arrange cabbage steaks leaving space in between. Lower lid. Let cook for about 4-5 minutes per side, until they're crispy on the outside and tender on the inside.
6. Remove from grill, top with Whole Grain Mustard Sauce, chopped chives and serve.

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**vtfresh** This material was funded in part by USDA's Supplemental Nutrition Assistance Program (SNAP). USDA is an equal opportunity provider and employer.



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