



## **Roasted Cabbage and Onion with Spicy Tahini Dressing**

This roasted cabbage and onion recipe turns plain cabbage into something warm, savory, slightly crispy, and deeply flavorful. Green cabbage, yellow onion, and leeks are tossed with a simple tahini seasoning, roasted until tender, then finished with a spicy lemon-tahini dressing that brings brightness, heat, and just enough attitude.

It is healthy, satisfying, and a great way to get more cabbage into your diet without relying on another salad or pretending boiled cabbage is exciting.

This also keeps well for a couple of days in the refrigerator for 2-3 days, making it a great meal prep side dish to reheat and enjoy throughout the week. Reheat in the oven, toaster oven, or a skillet if you want to bring back some of the roasted texture. The microwave works too, but it will soften the edges more.

If cabbage usually only shows up in your life as slaw, salad, or alongside corned beef on St. Patrick's Day, this roasted cabbage and onion recipe is a much better way to bring it into the rotation. It is warm, flavorful, simple, and proof that cabbage may be boring on its own, but it does not have to stay that way.

### **Ingredients**

#### **Roasted Cabbage and Onion**

10 cups green cabbage, thinly sliced  
1 large yellow onion, thinly sliced into half-moons  
1 large leek, sliced into rounds

#### **Seasoning Mix**

3 tablespoons water  
2 tablespoons tahini  
1 teaspoon onion powder  
1 teaspoon garlic powder  
1/2 teaspoon sweet paprika  
3/4 teaspoon sea salt  
1/8 teaspoon black pepper

## Spicy Tahini Dressing

2 tablespoons tahini  
2 tablespoons water  
Juice of 1 lemon  
1 tablespoon red wine vinegar  
1 teaspoon Frank's Hot Sauce  
1 teaspoon garlic powder  
1/2 teaspoon onion powder  
1/4 teaspoon sweet paprika  
1/2 teaspoon dried coriander  
Sea salt, to taste

## Instructions

1. Slice the leek into 1/4-inch rounds and place it in a large bowl of cold water for about 30 minutes to clean. The dirt will settle on the bottom while the leeks float to the top. Once clean, lift the leeks out of the water, rinse them in a colander, and set aside.
2. Preheat the oven to 400 degrees F.
3. Line a large baking sheet with foil and set aside.
4. Make the seasoning mix by combining the water, tahini, onion powder, garlic powder, sweet paprika, sea salt, and black pepper in a small food processor or bowl. Pulse or mix until fully combined (don't over process if using a food processor or it will turn into a "butter" and you don't want it that thick) then set aside.
5. Thinly slice the cabbage, slice the yellow onion into half-moons, and add both to a large bowl. Add the cleaned leek rounds and toss well.
6. Pour the seasoning mix over the cabbage, onion, and leek mixture. Toss until everything is evenly coated. I like to use my hands for this because it is the easiest way to make sure the seasoning actually gets into the vegetables.
7. Spread the cabbage mixture evenly onto the prepared baking sheet in as close to a single layer as possible.
8. Place the baking sheet in the preheated oven and roast for 10 minutes.
9. While the cabbage mixture is roasting, make the spicy tahini dressing. In a small bowl, combine the tahini, water, lemon juice, red wine vinegar, Frank's Hot Sauce, garlic powder, onion powder, sweet paprika, dried coriander, and sea salt. Whisk until smooth and set aside.
10. After the cabbage mixture has roasted for 10 minutes, remove it from the oven and stir or toss everything to mix it up. Spread it back out into a single layer and roast for another 10 minutes, for a total roasting time of 20 minutes.
11. Change the oven setting to broil. Broil for 10 to 15 minutes, or until the cabbage and onions reach your desired level of crispiness. Keep an eye on it so it browns without getting burned edges.
12. Remove from the oven and transfer the cabbage, onion, and leek mixture to a large bowl. Pour the spicy tahini dressing over the top, toss well, and serve.

Bon Appetit