

Cabbage & Rapini Casserole (Baked One Pot)

Ingredients

- 2 cups chopped green cabbage
- 1 bunch rapini (broccoli rabe), chopped
- 1/2 red onion, sliced
- 2 garlic cloves
- 1 tbsp olive oil
- 1 tsp dried oregano
- 1/2 cup water or broth
- 2 tbsp almond flour or oat flour (optional topping)
- Salt and pepper to taste

Instructions

1. Preheat oven to 375°F (190°C).
2. In a large oven-safe pan, sauté onion and garlic in olive oil.
3. Add cabbage, rapini, oregano, salt, pepper, and water.
4. Toss and spread evenly. Top with almond flour.

5. Cover and bake for 25–30 minutes until tender.

Benefits

Excellent for liver health and digestion; leafy greens are mineral-rich and cleansing.