

Parmesan Roasted Cabbage Wedges

These delicious oven roasted cabbage wedges are covered in savory Parmesan cheese. Try these as a side for your next family dinner.



Before You Cook

- Take a minute to read through the recipe before you start.
- Wash all fresh produce and work surfaces.
- Wash your hands at the beginning and throughout the cooking process.
- Children should ask for permission before using appliances and sharp knives.

Ingredients

- 1 medium cabbage
- 4 tablespoon oil, avocado
- 2 teaspoon sea salt (or kosher salt)
- 1 teaspoon black pepper, ground
- ½ cup Parmesan cheese, grated



Directions

1. Preheat oven to 425° F.
2. Cut the cabbage in half and then quarters, slice out the core to discard (or put into the compost), and then cut the cabbage quarters into 1 to 1 ½ inch wedges.
3. Place the wedges onto a parchment paper lined baking sheet and brush with avocado oil.
4. Sprinkle salt and pepper and put 1 Tablespoon of freshly grated Parmesan cheese on each wedge.
5. Roast in oven for 25 minutes and enjoy!

Makes 4 servings.

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