



# Crispy Cabbage Wedges

Servings 8 | Prep time 5 mins | Total time 35 mins.

**Equipment:** Baking sheet, Aluminum foil, Small bowl

**Utensils:** Large knife, Fork for whisking, Tongs or Spatula, Measuring cups and spoons

## Ingredients

1 head green cabbage

1/4 cup olive oil OR vegetable oil

4 cloves garlic, minced OR 4 teaspoons garlic powder

3/4 teaspoon paprika

1 1/2 teaspoons onion powder

1/2 teaspoon red pepper flakes OR cayenne pepper (optional)

1/8 teaspoon salt

1/2 cup grated Parmesan cheese

2 1/2 tablespoons lemon juice (about 1 lemon) (optional)

# Instructions

1. Before you begin, wash your hands, surfaces, utensils, and produce.
2. Preheat your oven to 400 degrees. Line a baking sheet with aluminum foil.
3. Remove the stem from head of cabbage. Slice the head of cabbage in half. Cut each of the halves into 4 even pieces to form 8 pieces total.
4. In a small bowl, whisk together the oil, garlic, paprika, onion powder, and red pepper flakes/cayenne (if using), and Parmesan. Place cabbage wedges onto a baking sheet and spoon the Parmesan mixture on all sides of the wedges.
5. Roast for 20 minutes then flip the wedges. Roast for another 10-15 minutes or until golden brown at the edges. Finish by sprinkling with lemon juice (if using) before eating.

## Nutritional Information:

Calories 130   Total Fat 9g   Sodium 180mg   Total Carbs 11g   Protein 4g