



Roasted Cabbage Wedges Recipe Card

Prep Time: 10 minutes

Cook Time: 25 minutes

Total Time: 35 minutes

Servings: 4

Ingredients

- 1 medium head green cabbage
- 2 to 3 tablespoons olive oil
- 1 teaspoon garlic powder
- 1 teaspoon onion powder
- 1 teaspoon salt
- 1/2 teaspoon black pepper

Optional:

- Smoked paprika
- Parmesan cheese

- Red pepper flakes
- Bacon crumbles

Instructions

1. Preheat the oven to 425°F and line a baking sheet with parchment paper.
2. Remove damaged outer cabbage leaves and cut the cabbage into thick wedges, leaving part of the core attached.
3. Arrange the wedges on the baking sheet in a single layer.
4. Brush or drizzle both sides with olive oil.
5. Season with garlic powder, onion powder, salt, and black pepper.
6. Roast for 20 to 30 minutes, flipping halfway through, until the edges are crispy and browned.
7. Add optional toppings if desired and serve hot.

Notes

- Do not cut the wedges too thin or they may fall apart.
- Leave space between wedges so they roast instead of steam.
- Parmesan cheese added during the last few minutes creates extra crispy edges.

Estimated Nutrition Per Serving

- Calories: 120
- Carbohydrates: 8g
- Fiber: 3g
- Net Carbs: 5g
- Protein: 2g
- Fat: 9g
- Sodium: 390mg