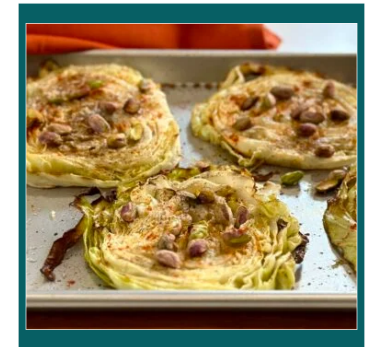




CABBAGE STEAKS WITH PARM

Cabbage Steaks with Parm & Pistachios

These savory cabbage steaks are a simple yet flavorful dish that's sure to elevate your vegetable game. Thick slices of cabbage are roasted to golden perfection, with crispy edges and a tender, caramelized center. Brushed with olive oil, garlic, and herbs, then finished with a generous sprinkle of Parmesan cheese, these steaks are both hearty and satisfying.



Ingredients

- 1 head **green cabbage**
- 4 tablespoons **extra virgin olive oil**
- 1½ teaspoons **garlic powder**
- 1½ teaspoons **kosher salt**
- 1 teaspoon ground **black pepper**
- 4 to 6 tablespoons **grated Parmesan**
- 2 to 4 tablespoons **pistachios**
- ½ teaspoon **smoky paprika**

Directions

1. Heat oven to 400F. Mist a baking sheet with nonstick oil spray.
2. Remove any loose, dark leaves from cabbage. Using a sharp knife, cut root stem from head creating a flat end. Place the flat end on a cutting board (this will help secure the cabbage while you cut) and slice into 6 to 8 steaks, each ¼ to ½-inch thick.
3. Place slices on prepared baking sheet in a single layer, leaving space between each. Brush the top sides with olive oil (or liberally mist with olive oil spray) and sprinkle on salt, pepper and garlic. Flip them each over and do the same to the second side (brush with oil, then sprinkle on seasonings).
4. Roast in oven for about 25 to 30 minutes, or until the tops are slightly browned and the cabbage becomes tender. Remove from oven and sprinkle parmesan cheese and pistachios on top of each cabbage steak.
5. Place back in oven for a final five minutes (this melt the parm and lightly toast the pistachios). Garnish with a pinch of smoky paprika for both color and flavor

*Recipe adapted from
Healthy Recipe From Joy Bauer*