



ROASTED CABBAGE PIZZAS

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Cabbage pizzas are a nutritious and creative twist on traditional pizza, perfect for a lighter, low-carb option. Instead of a classic dough crust, thick cabbage leaves or slices act as the base. These "crusts" are sturdy enough to hold toppings and take on a slightly sweet, earthy flavor when roasted or grilled

Ingredients

1 medium **head green cabbage**
1 to 2 tablespoons **olive oil**
1 teaspoon **garlic powder**
½ tsp kosher **salt**
½ tsp black **pepper**
½ to 1 cup **marinara sauce**
1 cup shredded **mozzarella cheese**
5 **cherry tomatoes**, thinly sliced
5-6 **fresh basil leaves**, torn or minced

Directions

1. Preheat the oven to 400°F.
2. Remove any loose or dark outer leaves from the cabbage. Cut off the root stem to create a flat base. Place the cabbage flat-side down on a cutting board and carefully slice it into 6 to 7 "steaks," each about ¼- to ½-inch thick.
3. Arrange the cabbage steaks on a baking sheet. Don't worry if the outer leaves start to unravel, just tighten them up with your hands. Drizzle olive oil over the tops and brush to distribute. Sprinkle on some garlic powder, salt and pepper. Flip carefully (I use my hands) and repeat the same process with the second side: Olive oil, garlic, salt and pepper.
4. Roast in the oven for 30 minutes, or until the edges of the cabbage are golden and tender.
5. Remove the cabbage from the oven and top each steak with 2 tablespoons of marinara sauce and a generous sprinkle of mozzarella cheese. Decorate the tops with sliced cherry tomatoes.
6. Return the baking sheet to the oven and roast for an additional 5 to 7 minutes, or until the cheese is fully melted. Top with torn fresh basil leaves and optional crushed red pepper flakes and serve.



Recipe & Photo Credit: Joy Bauer