



ROASTED GARLIC-PARMESAN CABBAGE

Basic Lifestyle

INGREDIENTS

- ½ large head red or green cabbage
- 6 TBS grated Parmesan cheese, plus more for garnish
- 4 medium cloves garlic, finely minced or grated
- 3 TBS extra-virgin olive oil
- 3 TBS rice vinegar
- 1 TBS reduced-sodium soy sauce
- ½ TSP salt
- ¼ TSP crushed red pepper flakes (optional)

INSTRUCTIONS

— Preheat oven to 425°. Cut cabbage into 8 wedges (about 1 inch wide), keeping the core intact..

— Combine Parmesan, garlic, oil, vinegar, soy sauce and salt in a small bowl. Arrange the cabbage wedges, cut-side down, on a large rimmed baking sheet. Brush all sides of the cabbage with the garlic-Parmesan mixture. Roast until the edges are golden brown, about 20 minutes. Flip and roast until the cabbage is tender and golden, about 10 minutes more. Garnish with crushed red pepper, if desired.

SERVING INFO: (Serves 8) 1 cabbage wedge = 2 V, 1/4 M, ½ FT

Recipe credit (and recipe video): EatingWell.com