

Kids in the Kitchen

RECIPE



ROASTED PARMESAN CABBAGE WEDGES

Recipe from Carla Burke, RD

INGREDIENTS

- 1 medium green cabbage
- ½ cup olive oil
- 2-3 tsp salt
- 1 tsp ground black pepper
- 1 cup grated parmesan cheese

ALLERGY SUBSTITUTIONS

None, this is already gluten free, soy free, nut free, shellfish free, and kosher. To make dairy free, omit parmesan cheese, and sprinkle with a little nutritional yeast. However, always check individual brand labels for all allergy information.

DIRECTIONS

1. Preheat the oven to 425 degrees.
2. Cut the cabbage in half from top to core at the bottom. Lay the cabbage flat side down and cut into wedge slices to avoid cutting yourself. You can use a large kids lettuce knife if best suited.
3. Place the wedges onto a baking sheet lined with parchment paper.
4. Brush wedges with olive oil.
5. Sprinkle with salt, pepper, and parmesan cheese.
6. Roast in the oven for 25 minutes.
7. Take out of the oven, put on a plate and enjoy!

