



# Roasted Cabbage Wedges

Prep time: 10 min

Cook time: 30-40 min

Makes 8 wedges

## INGREDIENTS

- 1 large head of cabbage (2- 2 ½ pounds), with any brown outer leaves removed
- 3 Tbsp vegetable oil or another clear oil like canola oil
- ½ teaspoon salt plus more to taste
- Pepper to taste

### Optional toppings:

- Chopped fresh herbs such as sage or parsley
- Toasted bread crumbs
- Grated parmesan cheese
- Bacon bits
- Sesame seeds

*Adapted from Cook's Illustrated*

## DIRECTIONS



Start with clean hands!

Wash your hands with soap and water.

1. Preheat oven to 500 degrees.
2. Cut cabbage in half from top to bottom, through the core of the cabbage. Then cut each half in half, again cutting through the core. Finally, cut each quarter in half again, tilting your knife at an angle so you are still cutting through the core. You should have 8 cabbage wedges.
3. Place cabbage wedges on a large baking sheet with one of their flat sides down. Brush with 1 ½ Tbsp of the oil and sprinkle with 1/4 tsp of the salt. Gently flip the wedges to the other flat side and repeat brushing and sprinkling with remaining oil and salt.
4. Cover baking sheet tightly with aluminum foil and bake for 20 minutes.
5. While wearing an oven mitt, remove the foil starting at the corner of the tray farthest from your body.
6. Return uncovered tray to the oven and bake for another 5-10 minutes, until the cabbage wedges start to brown on the bottom.
7. Then use tongs and/or a metal spatula to carefully flip the wedges to the other flat side. Return to oven and cook for another 5-10 minutes, or until the wedges are very well browned.
8. Season with remaining salt and pepper to taste. Add any desired toppings.
9. Serve and enjoy!