

Roasted Cabbage with Parmesan and Walnuts

Serves 3-4 depending on the size of the cabbage.

Recipe adapted from a New York Times recipes.

Roasting cabbage wedges at high heat makes them crisp at the edges and tender in the middle. The leaves are topped with a piquant mix of walnuts and Parmesan, giving the sections crunch and a deep savory flavor. Serve them as a light, meatless main course, paired with noodles, rice or crusty bread, or as a hearty side dish to roast chicken or fish.

INGREDIENTS

1 medium head green cabbage (about 2 1/2 pounds)

1/2 cup extra-virgin olive oil, plus more as needed

Salt, as needed

3/4 cup finely grated Parmesan, plus more for serving

2 minced garlic cloves

1 teaspoon fresh thyme leaves

1/2 teaspoon freshly ground black pepper, plus more as needed

2/3 cup chopped walnuts or other nuts, such as almonds or hazelnuts

1/2 cup chopped fresh dill or cilantro

PREPARATION

Step 1

- Heat oven to 425 degrees.
- Cut the cabbage in quarters lengthwise through the core, then cut out the cores and stem.
- Slice the quarters lengthwise into 1-inch-thick wedges.

Step 2

- Place wedges on a rimmed sheet pan, flat sides down. It's OK if the pan seems a bit crowded; the wedges will shrink as they roast, but try not to overlap them if possible.
- Lightly drizzle them with oil and season with salt.

Step 3

- In a small bowl, combine Parmesan, garlic, thyme, and black pepper.

- Stir in 1/2 cup oil to make a loose paste.
- Spread paste across each cabbage wedge, it's okay if the mixture goes in between the leaves.

Step 4

- Lightly drizzle cabbage with a little more oil.
- Roast until cabbage is lightly browned in spots, 25 to 30 minutes.

Step 5

- Remove pan from oven and sprinkle walnuts all over the top of the cabbage.
- Roast for another 5 minutes or so, until cabbage is tender and caramelized and the walnuts are golden and toasted.

Step 6

- Sprinkle cabbage with dill and more Parmesan and black pepper, if you'd like.
- Serve immediately.

Hints

- You can also use dried herbs
- I haven't tried it but I believe this recipe could also be done in an air fryer at 400 degrees.