

## Cheesy Baked Cabbage Steaks - A Crispy, Melty Veggie Favorite

1 large head of green cabbage



**OVEN**  
**400°F**

**TIME**  
**30 min**

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### INGREDIENTS

- 1 large head of green cabbage
- 2 tablespoons olive oil
- 1 teaspoon garlic powder
- 1 teaspoon onion powder
- 1 teaspoon paprika
- Salt and pepper, to taste
- 1 1/2 cups shredded mozzarella cheese
- Fresh parsley, for garnish (optional)

### DIRECTIONS

- 1.** Prep Your Oven & Pan: Preheat the oven to 400°F (200°C). Line a large baking sheet with parchment paper.
- 2.** Slice the Cabbage: Remove outer leaves and trim the base. Cut the cabbage into thick 1-inch steaks, slicing top-down to keep them intact.
- 3.** Oil & Season: Lay the cabbage steaks on the baking sheet. Brush both sides with olive oil. Sprinkle evenly with garlic powder, onion powder, paprika, salt, and pepper.
- 4.** Roast: Roast in the oven for 25-30 minutes, or until edges are golden and the centers are tender.
- 5.** Add Cheese: Remove from oven and sprinkle each steak generously with mozzarella. Return to oven for 5-7 more minutes until cheese is melted and bubbly.
- 6.** Garnish & Serve: Top with chopped parsley if using. Serve hot and enjoy every gooey, roasted bite.

### SWAPS & NOTES

**Cheese options:** Try sharp cheddar, provolone, or a spicy pepper jack for more bite.

**Add crunch:** Sprinkle breadcrumbs or crushed fried onions before the final bake.

**Make it spicy:** Add crushed red pepper flakes or a drizzle of hot sauce.

**Go dairy-free:** Use vegan cheese shreds or nutritional yeast for a cheesy flavor. ? Directions 1.

### TIPS FOR SUCCESS

Use a sharp knife and cut straight down to keep steaks from falling apart.

It prevents sticking and helps caramelization.

Flipping can cause them to break apart.

Think Italian seasoning, Cajun spice, or a squeeze of lemon for a twist. ?

**More recipes: [ChefManiac.com](https://chefmaniac.com)**

Original recipe: <https://chefmaniac.com/cheesy-baked-cabbage-steaks-a-crispy-melty-veggie-favorite/>