



Roasted Cabbage Wedge Salad

By Chef Veera Gaul, Ph.D.



Ingredients

(* indicates my preferred ingredients – see notes for alternatives)

- 1 large cabbage, cut into ½ inch thick wedges
- 3 tablespoons O&V [Roasted Garlic grapeseed oil](#) for brushing *
- ¼ teaspoon red pepper flakes
- ¼ teaspoon O&V [Smoked Paprika](#) *
- Salt & Pepper to taste

Home-made Ranch dressing

- ¾ cup plain Greek yogurt
- ¼ cup sour cream
- 1 teaspoon garlic powder (more to taste)
- 1 teaspoon onion powder (more to taste)
- ½ teaspoon fresh cracked black pepper
- ½ teaspoon salt
- 1 tablespoon O&V [Marc de Champagne vinegar](#) *
- 1 teaspoon Worcestershire sauce (or vegan alternative)
- 1 teaspoon lemon juice
- ¾ teaspoon fresh dill, minced
- 1 tablespoon fresh parsley, minced
- Sprinkle of fresh chives, chopped

Garnish

- 2 -3 slices of bacon, cooked and chopped for serving (optional)
- 2 tablespoons chives, chopped
- ½ cup cherry tomatoes, halved or quartered
- ¼ cup crumbled blue cheese (or vegan alternative)

Preparation

Heat the oven to 425F and line a baking sheet with parchment paper.

Brush the cabbage wedges with the oil and sprinkle both sides with the salt, pepper, red pepper flakes and paprika. Place on prepared baking sheet and place in the oven. Cook until crisp-tender, about 30-35 minutes, flipping the pieces over at the halfway point. Remove from the oven and bring to room temperature. Chill before serving.

Meanwhile, prepare the Ranch dressing by mixing all the ingredients in a bowl and whisking until well combined. Transfer to an airtight container or mason jar and refrigerate for at least 15 minutes before using to allow the flavors to meld together.

To assemble the salad, Top the cabbage wedges with bacon, blue cheese, chives, cherry tomatoes and drizzle with the homemade ranch dressing.

Serves 4-6

Active time 10 minutes Total Time: 40 minutes

Notes

* The [Roasted Garlic oil](#) gives the cabbage wedges a nice rich flavor. You can use an [Unflavored Oil](#) here, but when I did, I missed the garlickiness. The [Smoked Paprika](#) adds depth of flavor and nice color to the wedges. The [Marc de Champagne vinegar](#) has a nice light, crisp flavor that adds acidity to the ranch dressing. A [White Balsamic](#) or even a [Lemon Vinegar](#) are close approximations.

All highlighted products are available at **Oil & Vinegar stores**.

Categories: Entrée, Side, Gluten Free, Easy Weeknight Meal, Snacks & Sides, Soups & Salad, Wedge Salad, Roasted Cabbage, Home-Made Ranch Dressing, Marc de Champagne, Lemon Vinegar, White Balsamic Vinegar, Roasted Garlic Oil, Smoked Paprika, Salad for Dinner, Lunch,