

Featured Recipes

Parmesan Roasted Cabbage Wedges

Serves 4



Ingredients:

- 1 medium cabbage
- 4 tablespoon oil, avocado
- 2 teaspoon sea salt
- 1 teaspoon black pepper, ground
- 1/2 cup Parmesan cheese, grated

Cabbage is low in calories but packed with fiber and nutrients like Vitamin B6 and folate to help with many body processes including energy metabolism. It's also full of antioxidants that protect the body from damage.

Directions:

1. Preheat the oven to 425 degrees.
2. Cut the cabbage in half and then quarters, slice out the core to discard (or put into the compost), and then cut the cabbage quarters into 1 to 1 1/2-inch wedges.
3. Place the wedges onto a Silpat or parchment paper lined baking sheet and brush with avocado oil.
4. Sprinkle sea salt and pepper and put about a tablespoon or so of freshly grated parmesan cheese on each wedge and then roast in a 425-degree oven for 25 minutes.

*Source: Kohley, R (2016, March 4). Parmesan Roasted Cabbage Wedges. Super Healthy Kids. <https://www.superhealthykids.com/parmesan-roasted-cabbage-wedges/>

Cheese and Herb Potato Fans

Serves 8

Potatoes are one of the most energy packed vegetable along with, potassium (more than a banana) and vitamin C that you need to help fuel your body. They come in many different colors like, red, yellow, white, purple, and even mixed colors.

Ingredients:

- 8 medium potatoes
- ¼ cup melted butter
- ½ teaspoon black pepper
- 2/3 cup shredded cheddar cheese
- 1/3 cup shredded/grated parmesan cheese
- 2 tablespoons of herbs of your choice (chives, thyme, basil)



Directions:

1. Preheat oven to 425°. With a sharp knife, cut each potato crosswise into 1/8-in. slices, leaving slices attached at the bottom; fan potatoes slightly and place in a greased 13x9-in. baking dish. In a small bowl, mix butter and pepper; drizzle over potatoes.
2. Bake, uncovered, 50-55 minutes or until potatoes are tender. In a small bowl, toss cheeses with herbs; sprinkle over potatoes. Bake about 5 minutes longer or until cheese is melted.

*Source: Taste of Home. Cheese & Herb Potato Fans. <https://www.tasteofhome.com/recipes/cheese-herb-potato-fans/>