Dinner

Cabbage Steaks with Saucy Chicken and Cheese

Thick rounds of green cabbage roast until golden at the edges, then get layered with saucy shredded chicken and bubbling melted cheese. A sprinkle of fresh basil finishes each portion.



Gluten free | Nut free

45 min	220	15 g	8 g
time	calories	carbs	sugars

Ingredients, 4 servings

- [ ] 1 small head green cabbage (cut into 4 thick slices)
- [ ] 1 tbsp extra virgin olive oil
- [ ] 1/2 tsp garlic powder
- [ ] 1/2 tsp onion powder
- [ ] 1/4 tsp salt
- [ ] 1/4 tsp black pepper
- [ ] 2 cup chicken breasts (cooked shredded)
- [ ] 1 cup canned crushed tomatoes (no salt added)
- [ ] 1/2 tsp dried oregano
- [ ] 1/4 tsp crushed red pepper flakes (optional)
- [ ] 1/2 cup mozzarella cheese (part-skim, shredded)
- [ ] 2 tbsp Parmesan cheese
- [ ] 2 tbsp fresh basil (chopped)

Nutrition Facts

Per serving

Calories	220
Total fat	8 g
Saturated fat	2 g
Sodium	430 mg
Total carbs	15 g
Fiber	5 g
Total sugars	8 g
Protein	24 g

Method

- [ ] 1 Heat your oven to 400°F and cover a baking sheet with parchment paper.
- [ ] 2 Set the green cabbage slices on the prepared sheet, give each one a light coating of the extra virgin olive oil, then season them all over with the garlic powder, onion powder, salt, and black pepper.
- [ ] 3 Slide the sheet into the oven for 20 minutes and turn the slices over at the halfway mark so their edges come out golden and just a little crisp.
- [ ] 4 As the cabbage cooks, set a small saucepan over medium heat and pour in the canned crushed tomatoes along with the dried oregano and, if you want a bit of heat, the crushed red pepper flakes.
- [ ] 5 Let that bubble gently for 5 minutes, stirring from time to time, until it has thickened slightly.
- [ ] 6 In a separate bowl, fold 2 tablespoons of the finished sauce into the cooked shredded chicken breasts so they stay moist.
- [ ] 7 Take the cabbage out of the oven and top every slice with an even layer of the chicken, spoon the rest of the sauce over that, and finish with the mozzarella cheese and Parmesan cheese.
- [ ] 8 Bake the pan for 10 more minutes, just long enough for the cheese to melt and pick up a light golden color.
- [ ] 9 Scatter the chopped fresh basil over the top right before serving.

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