

BAKED CABBAGE BURGERS



SERVING SIZE

4



INGREDIENTS

ITEM	QUANTITY	ITEM	QUANTITY
Green Cabbage, Cut Into 1-inch Slices	1 Head	Salt and Black Pepper	½ Tsp.
Lean Ground Beef	1 lb.	Red Chili Pepper Flakes	½ Tsp.
Tomato Sauce	½ Cup	Grated Garlic	1 Tsp.
Shredded Cheese (Mozzarella, Monterey Jack), Divided (Maintenance Only)	½ Cup	Chopped Green Onion	½ Cup
		Chopped Parsley	½ Cup



PREPARATION

- Preheat your oven to 375°F (190°C).
- Cut the head of cabbage into 1-inch thick slices. Place them on a baking sheet lined with parchment paper or lightly greased.
- Lightly season the cabbage slices with a pinch of salt and black pepper. Drizzle a bit of olive oil over the cabbage slices, if desired, for extra flavor.
- In a large bowl, mix the ground beef, tomato sauce, grated garlic, chopped green onion, chopped parsley, red chili pepper flakes, salt, and black pepper.
- Divide the beef mixture into 4 equal portions and shape each portion into a patty. Place each patty on top of a cabbage slice, pressing down slightly to help the patty adhere to the cabbage.
- Place the baking sheet in the preheated oven and bake for 25-30 minutes, or until the beef is fully cooked through and the cabbage is tender.
- For those in the maintenance phase, sprinkle the shredded cheese evenly over each burger during the last 5 minutes of baking, allowing the cheese to melt.
- Once done, remove the burgers from the oven. Garnish with extra chopped parsley if desired, and serve hot.