

Loaded Taco Cabbage

Prep	Cook	Total
5 min	35 min	40 min

Yield: 5

Serving: 5

Ingredients

CABBAGE SLICES:

1 **green cabbage** *large*

$\frac{1}{4}$ cup **avocado oil**

PC Everything Taco Seasoning

GROUND MEAT OPTION:

1 small **onion** *diced*

1 lb **ground turkey or beef** *(or any ground meat you prefer)*

2 t **PC Everything Taco Seasoning** *(can use any taco seasoning)*

LOADED TACO TOPPINGS:

4 oz **part skim mozzarella** *shredded (or cheese of choice)*

8 oz **cherry tomatoes**, *quartered*

3 tbs **cilantro**, *chopped*

4 T **sour cream** *for topping*

Directions

1. To Prepare Cabbage:
2. Preheat your oven to 425 degrees.
3. Keep cabbage core intact. Slice cabbage into 5-6 disks from top to bottom. Place cabbage slices on baking sheet and brush both sides of each slice with avocado oil. Season with taco seasoning. Roast in your oven for 30-35 minutes or until golden.
4. To Prepare Ground Meat Topping:
5. In a large skillet sauté onion for 2 minutes. Add in the ground meat and break up large pieces. Drain any excess fat or soak up with a paper towel. Season with Everything Taco Seasoning.
6. To Assemble:
7. Once cabbage is cooked, divide out taco meat and top each slab. Then top with cheese. Put back into the oven and heat until cheese is melted to your liking.
8. Once assembled add tomatoes, beans, salsa, sour cream, cilantro, or any other "taco" toppings you wish.

