

Air Fryer Cabbage Wedges

Prep: 5 minutes • Cook: 10 minutes

Cabbage wedges air-fried to crispy, caramelized edges with a tender core, brightened by apple cider vinegar and grainy Dijon, and scented with garlic and smoked paprika.

Ingredients

- 1 lb green cabbage (cut into 4 wedges, 1-inch (2.5 cm) thick)
- 1 tablespoon extra-virgin olive oil
- 1 tablespoon whole grain dijon mustard
- 1 tablespoon apple cider vinegar
- 1 teaspoon garlic powder
- 1/4 teaspoon smoked paprika
- 1/4 teaspoon fine sea salt
- 1/4 teaspoon black pepper

Instructions

1. Cut 4 wedges from the cabbage, each about 1 inch (2.5 cm) thick, keeping the core attached so the wedges hold together. Arrange in a single layer in the air fryer basket.
2. In a small bowl, mix together the olive oil, whole grain Dijon mustard, apple cider vinegar, garlic powder, smoked paprika, salt, and black pepper.
3. Brush the seasoning mixture over both sides of each cabbage wedge, coating well and getting into the crevices.
4. Air fry at 375°F (190°C), without preheating, until the edges are crisp and the centers are tender, 8 to 10 minutes (time may vary by air fryer). Serve hot.

Tags: Air Fryer, Cabbage, Side Dish, Vegan, Gluten Free, Quick
