Savoy Cabbage Caesar Salad with Homemade Greek Yogurt Dressing

3 MIN READ

MAY. 8, 2026

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Cabbage may be the most under-utilized dark leafy green on the menu. There’s a surprising reason to make it your new go-to salad starter.

If you’re already a devotee of the kale caesar salad, it’s time to try its lesser known cousin, the savoy cabbage caesar. The dark green leaves of this particular cabbage type have a delicate, crinkly texture and a mild flavor that lets the other ingredients shine. Another key benefit? A new report from the **Environmental Working Group** says cabbage is far lower in PFAS and pesticides than most other types of **dark leafy greens**, providing all the same nutritional benefits for your heart, bones, and gut without the added side of worry. Topped with golden roasted chickpeas for an extra fiber crunch and paired with a protein-forward Greek yogurt and parmesan dressing, this is a simple, satisfying recipe you’ll want to whip up over and over.

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Why It Works:

Savoy Cabbage: A cruciferous powerhouse that doubles as a dark leafy green, savoy cabbage is rich in vitamin K, vitamin C, and fiber, nutrients that support bone density, immune function, and heart and gut health as you age. One **study** found that savoy cabbage also triggers the highest levels of anti-inflammatory activity, compared with

other cabbage types.

Chickpeas: One of the best plant-based sources of **protein and fiber**, chickpeas help stabilize blood sugar, support muscle maintenance, and keep you fuller for longer. A **new study** also shows that chickpeas support a healthy gut, boost heart health, and may even help prevent cancer.

Avocado: Loaded with heart-healthy fats, potassium, fiber, and plant sterols, **research** shows that avocado helps lower inflammation, support brain health, and maintain a healthy weight. The monounsaturated fat in avocado also improves absorption of fat-soluble nutrients from the rest of the salad, making them more bioavailable.

Greek Yogurt: The base of the dressing pulls triple duty: it delivers protein that supports muscle repair, probiotics that support gut health and immune resilience, and vitamins and minerals that enhance **bone strength and density**.

Extra-Virgin Olive Oil: A cornerstone of the Mediterranean diet, extra-virgin olive oil is rich in oleocanthal, a natural anti-inflammatory compound linked to reduced risk of heart disease and cognitive decline. **Studies** suggest that regularly eating EVOO can help lower your odds of any chronic illness linked with oxidative stress.

The Recipe: Cabbage Caesar Salad with Homemade Greek Yogurt Dressing

Enjoy this cabbage caesar salad as a side salad alongside your favorite weeknight meal or add chicken or salmon to make it a main.

Yield: Serves 3

For the salad:

- 2 cups savoy cabbage, washed, destemmed and cut into thin pieces

- 1 can chickpeas
- 2 tbsp. avocado oil
- 2 tsp. garlic powder
- 1 avocado, quartered

For the dressing:

- ? cup plain greek yogurt
- 2 tbsp. extra-virgin olive oil
- 2 tbsp. Parmesan cheese, grated
- Juice of ½ of a lime
- 1 tsp. Dijon mustard
- ½ garlic clove, minced
- ¼ tsp. salt
- Freshly ground black pepper
- 1-2 tbsp. cold water

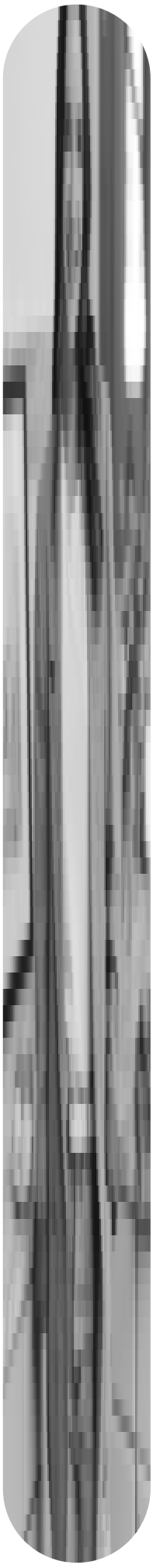
1. Preheat the oven to 415 degrees F. Drain and rinse the chickpeas. Use a paper towel to get them as dry as possible and season with avocado oil and garlic powder. Roast for 20-25 minutes until golden and crispy.
2. In the meantime, a small bowl combine all of the ingredients for the dressing and set aside. Add cold water if needed to thin it out.
3. Prepare the cabbage, add the chickpeas and avocado together in a bowl and drizzle the dressing on top. Use tongs to mix well so that dressing is covering every leaf of cabbage. Enjoy!

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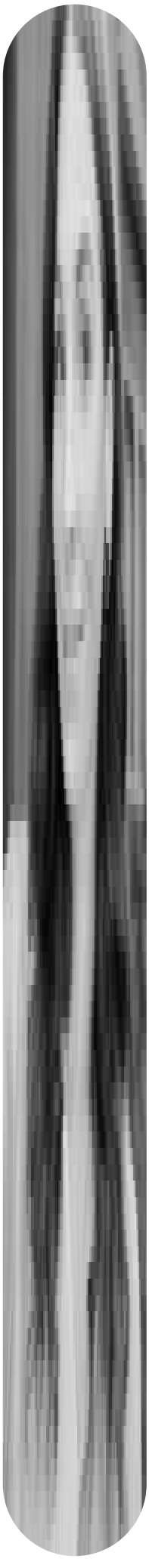
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