

# Roasted Broccoli and Cauliflower

**Yield:** 8 servings (serving size: 1 cup)

## Ingredients

- 1 small head cauliflower (2 pounds), cut into florets
- 2 large stalks broccoli (1 pound), cut into florets
- 1 head garlic, broken into cloves
- 2 tablespoons olive oil
- 1/2 teaspoon salt



*Recipe Courtesy of  
Ellie Krieger*

## Preparation

1. Preheat the oven to 375 degrees F.
2. Place cauliflower and broccoli into a 9 by 13 inch baking dish, toss with the olive oil, and sprinkle with salt. Cover the dish and bake for 1/2 hour. Remove the cover, stir and cook for 30 to 40 minutes more, until vegetables are tender and nicely browned, stirring occasionally.

## Nutritional Information: Amount per serving

- Calories: 80
- Calories from fat: 45%
- Fat: 4g
- Saturated fat: 0.5g
- Protein: 4g
- Carbohydrate: 10g
- Fiber: 5g
- Sodium: 200mg