

Roasted Broccoli and Cauliflower

Ingredients:

- 2 cups broccoli florets
- 2 cups cauliflower florets
- 3 tablespoons olive oil
- 1/4 teaspoon salt
- 1/4 teaspoon pepper
- 2 teaspoons garlic, minced

Directions

1. Preheat oven to 425°F.
2. Place broccoli and cauliflower florets in a large bowl. Pour olive oil over vegetables; toss until coated.
3. Add salt, pepper, and minced garlic; mix until distributed.
4. Spread vegetables onto a baking sheet sprayed with nonstick cooking spray.
5. Cook in oven for 15 — 20 minutes or until vegetables are slightly brown and tender.

Nutrition Facts

Serving Size (75g)
Servings Per Container 6

Amount Per Serving

Calories 90 **Calories from Fat 70**

% Daily Value*

Total Fat 7g **11%**

Saturated Fat 1g **5%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 100mg **4%**

Total Carbohydrate 4g **1%**

Dietary Fiber 2g **8%**

Sugars 1g

Protein 2g

Vitamin A 4% • Vitamin C 70%

Calcium 2% • Iron 2%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

		Calories: 2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

