

Recipe

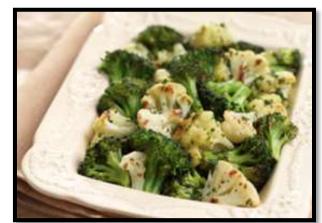
Easy Roasted Broccoli & Cauliflower

Here's an awesome recipe for roasted broccoli and cauliflower that is quick to make and tastes great. Serve this with a piece of lean meat for a well-balanced, fitness approved meal.

Makes: 4 Servings

Here's what you need...

- 1 bunch broccoli
- 1 bunch cauliflower
- 1 Tablespoon olive oil
- · dash of sea salt
- dash of pepper
- 4 garlic cloves, minced
- juice from 1 lemon



- 1. Preheat your oven to 425 degrees F. Lightly grease a large baking sheet with olive oil.
- 2. Wash the broccoli and cauliflower heads and then pat dry. It's important to dry thoroughly so that it will roast properly. Cut into small florets.
- 3. In a medium bowl combine the florets, olive oil, salt, pepper and garlic cloves. Toss until well combined and then spread over the prepared baking sheet.
- 4. Roast for 25 minutes, stirring halfway through. Remove from oven once the florets are tender with crispy bottoms.
- 5. Drizzle the lemon juice over the cooked florets and serve immediately.

Nutritional Analysis: 160 calories, 4g fat, 98mg sodium, 8g carbohydrate, 4g fiber, and 4g protein