



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