

Roasted Cauliflower & Broccoli

Gluten Free

Plant Based/Vegan - leave the cheese off

5-cups bite-size cauliflower & broccoli florets (about 1 medium head) 1/2 inch pieces (fresh or frozen)

1-Tablespoons olive oil

Freshly ground black pepper

2 Tablespoons Parmesan cheese, shredded

Preheat oven to 450°. Place cauliflower & broccoli in large bowl with oil and pepper and toss to coat. Spread out on a baking sheet. Sprinkle with Parmesan cheese. Roast the cauliflower until tender-crisp and browned in spots, 15 to 20 minutes.



Nutrition Facts	1 cup
Serving Size	
Servings per recipe	4
Calories	100
Total Fat	5.5gm
Saturated Fat	1.0gm
Trans Fat	0
Cholesterol	2mg
Sodium	90mg
Potassium	450mg
Carbohydrates	8 gm
Fiber	3gm
Protein	2gm
Calcium	95mg