

# Broccoli and Cauliflower Roasted with Fresh Herbs and Parmesan Cheese.

## **Ingredients:**

6 cups cauliflower florets (about 1 head)  
6 cups broccoli florets  
1 1/2 tablespoons olive oil  
1 tablespoon chopped fresh parsley  
2 teaspoons chopped fresh thyme  
2 teaspoons chopped fresh chives  
3 garlic cloves, minced  
1/4 cup (1 ounce) grated fresh Parmesan cheese  
2 tablespoons fresh lemon juice  
1/2 teaspoon salt  
1/4 teaspoon pepper

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



Image taken from Cauliflower and Broccoli with Fresh Herb Butter pillsbury.com

## **Directions:**

1. Preheat oven to 425°.
2. In a large mixing bowl combine broccoli, cauliflower and olive oil, and mix well.
3. Place the mixture into a large roasting pan. Bake at 425° for 25 minutes or until soft and lightly browned, stirring every 4 - 5 minutes.
4. Stir in fresh parsley, thyme, chives, and garlic. Bake for an additional 5 minutes.
5. Combine broccoli and cauliflower mixture, parmesan cheese, and remaining ingredients in a large bowl; mix well and serve.

## **Nutritional Information (per serving):**

Calories: 89, Fat: 3.5, Protein: 5.2g, Carbohydrates: 12.1g, Fiber: 5.4g

Original recipe taken from:

1. Roasted cauliflower with fresh herbs and parmesan. MyRecipes. Website. 2012. Available at <http://www.myrecipes.com/recipe/roasted-cauliflower-with-fresh-herbs-parmesan-10000001120275/>. Accessed September 20, 2012.

Recipe altered slightly by Jill McCarthy