



Roasted Broccoli and Cauliflower

a recipe from Georgia School Nutrition Program

MAKES: 8 cups PREP TIME: 5 minutes plus bake time CATEGORY: Side

Ingredients:

- 4 cups Cauliflower florets
- 4 cups Broccoli florets
- ¼ cup Olive Oil
- ½ tsp Black Pepper
- ½ tsp Salt

Steps:

1. Preheat oven to 425 degrees F
2. Line a baking pan with parchment paper
3. Stir selected spices into olive oil before pouring over broccoli and cauliflower florets
4. Evenly space florets on lined baking pan
5. Bake for about 15-20 minutes until tips are slightly brown

Tip: Have fun spicing this recipe up by flavoring with your favorite herbs and spices.