



NutritionRx
Jennifer Broxterman

Garlic Parmesan Broccoli & Cauliflower

Vegetables can be delicious! The key to success is knowing how to cook and season them. This broccoli and cauliflower recipe is a great example of how delicious vegetables can be when they are prepared right. I've never had someone not like this dish, even the biggest veggie haters!

Prep: 10 minutes • Total: 30 minutes

Ingredients:

Cauliflower, chopped	½ head	½ head
Broccoli, chopped	1 head	1 head
Garlic cloves, fresh, minced	4 each	4 each
Olive oil	1 Tbsp	15 mL
Parmesan cheese, grated	1 Tbsp	15 mL
Salt	¼ tsp	1 mL
Pepper	¼ tsp	1 mL

Directions:

1. Preheat the oven to 400 degrees F.
2. In a large bowl, combine the cauliflower, broccoli, garlic and olive oil. Toss to evenly coat the veggies with the minced garlic and oil.
3. Spread the mixture onto a large baking sheet and bake for 20 minutes.
4. Pull the veggies out of the oven and immediately sprinkle them with parmesan cheese, salt, and pepper.
5. Serve immediately.

Nutrition Facts

Serving Size (168g)

Servings Per Container

Amount Per Serving

Calories 90 Calories from Fat 35

% Daily Value*

Total Fat 4g **6%**

Saturated Fat 1g **5%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 220mg **9%**

Total Carbohydrate 10g **3%**

Dietary Fiber 3g **12%**

Sugars 3g

Protein 4g

Vitamin A 0% • Vitamin C 160%

Calcium 8% • Iron 6%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4

Makes 4 servings (168 g / serving) • 1 serving = 1 ½ cups

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