

ROASTED BROCCOLI AND CAULIFLOWER

Recipe By :Shirley Scrafford

Servings : 4

Ingredients

2 cups broccoli florets
2 cups cauliflower flowerets
5 cloves garlic -- peeled and halved
1 Tablespoon Suringy rice bran oil
1 teaspoon salt
1/2 teaspoon freshly ground pepper
2 Tablespoons grated Parmesan cheese

Place first 3 ingredients in a baking pan. Drizzle with oil, and toss.

Bake at 450°, stirring occasionally, 20 to 25 minutes or until lightly browned. Sprinkle with salt, pepper, and cheese, tossing to coat.

Per Serving: 71 Calories; 4g Fat (51.2% calories from fat); 3g Protein; 6g Carbohydrate; 2g Dietary Fiber; 2mg Cholesterol; 605mg Sodium.

Exchanges: 0 Grain(Starch); 0 Lean Meat; 1 Vegetable; 1/2 Fat.