

ROASTED BROCCOLI & CAULIFLOWER



INGREDIENTS

1 head of broccoli
1 head of cauliflower
Simply Organic garlic salt
olive oil

Preheat the oven to 425°

Cut the broccoli and cauliflower into florets (save the stems for juice).

Wash the florets in a colander.

Spin the florets in a salad spinner to get rid of any excess water.

Place the florets in roasting pan and coat LIGHTLY with olive oil. Season the florets with garlic salt.

Put the roasting pan in the preheated oven for 15-20 minutes until tender and golden brown.