

Garlic Roasted Broccoli and Cauliflower

You will need:

- 2 cups broccoli florets
- 2 cups cauliflower florets
- 2 tbsp. olive oil
- 2 tsp. salt
- 1/2 tsp. pepper
- 1 1/2 tsp. garlic powder
- Large bowl
- Baking sheet

Directions:

- 1) Preheat the oven to 400°. Move a rack in the oven to the topmost shelf in the oven.
- 2) Place the broccoli and cauliflower in a large bowl, then drizzle the olive oil, salt, pepper, and garlic powder over the veggies. Toss well so that the vegetables get totally coated with the oil and spices.
- 3) Place the broccoli and cauliflower on the baking sheet in a single layer, separating the vegetables from each other as best you can.
- 4) Place the baking sheet on the top rack of the oven, and bake for 8 minutes. Take the pan out of the oven and flip the veggies to the other side, then place back in and cook for an additional 8 minutes or until the veggies are crispy and browned.
- 5) Serve right away! The roasted veggies taste best right out of the oven, and will get soft and cold if they are out of the oven too long. Enjoy!