

Recipe for

ROASTED CAULIFLOWER AND CARROTS

EQUIPMENT NEEDED cutting board, knife, baking sheet(s)

SERVES 2 ESTIMATED COST \$4.38 COST PER SERVING \$2.19

INGREDIENTS

- 1 medium head cauliflower, chopped in 1-inch pieces
- 1 lb (16oz) carrots, chopped in 1-inch pieces
- 2 tbsp olive oil
- 1/2 tsp garlic salt, (or 1/2 tsp garlic powder and 1/4 tsp salt)
- ground pepper, to taste
- 2 tbsp fresh parsley, chopped

METHOD OF PREPARATION

1. Pre-heat oven to 400°F. Line a baking sheet with parchment paper.
2. Place cauliflower and carrots on the baking sheet. Drizzle olive oil onto vegetables and season with garlic salt and pepper. Toss vegetables to coat. Spread vegetables evenly in a single layer making sure not to overlap them. Use additional baking sheets if needed.
3. Roast for 20-25 minutes. Flip vegetables halfway through to ensure even cooking.
4. Remove from oven and place vegetables in a serving dish. Sprinkle with parsley. Enjoy!

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NUTRITION INFORMATION

Roasted Cauliflower and Carrots		
Nutrition Facts		
Serving Size: 1 Serving		
Amount Per Serving	% Daily Value*	
Calories	288.2 kcal	14 %
Total Fat	14.9 g	23 %
Saturated Fat	2.3 g	12 %
Trans Fat	0 g	
Cholesterol	0 mg	0 %
Sodium	489.1 mg	20 %
Total Carbohydrate	36.8 g	12 %
Dietary Fiber	12.4 g	50 %
Sugars	16.4 g	
Protein	7.9 g	16 %
Vitamin A	764 % • Vitamin C	267 %
Calcium	15 % • Iron	12 %

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

HEALTH BENEFITS

Cauliflower - high in choline which aids in the synthesis of DNA and supports brain development and cellular membrane structures. It also contains the antioxidant sulforaphane which has been shown to provide protection against certain cancers.



HEALTH BENEFITS

Carrots - contains fiber which can help regulate blood sugar and improve constipation. It is also loaded with Vitamin C to help boost the immune system and prevent infections.

References:

1. Recipe provided by Reanetta Perkins