

Making it delicious

Cauliflower with Zucchini & Basil

Ingredients

- 2 cups Cauliflower florets (1-inch)
- 2 cups Zucchini, cubed (1-inch)
- 2 Tbsp. Olive oil
- 1/4 tsp. Salt
- 1/4 tsp. Ground black pepper
- 4 basil leaves, thinly sliced or torn

Note: This roasting method works for many kinds of vegetables - and you can mix & match! Try it with broccoli, peppers, squash, Brussels sprouts, carrots, cabbage, beets, eggplant, mushrooms, onions, etc.



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Nutrition Facts

4 servings per container	
Serving size	(123g)
Amount per serving	
Calories	80
	% Daily Value*
Total Fat 7g	9%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 90mg	4%
Total Carbohydrate 5g	2%
Dietary Fiber 2g	7%
Total Sugars 2g	
Includes 0g Added Sugars	0%
Protein 2g	
Vitamin D 0mcg	0%
Calcium 23mg	2%
Iron 1mg	6%
Potassium 325mg	6%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Instructions

- Preheat oven to 425° F.
- In a large mixing bowl, toss cauliflower, zucchini, olive oil, salt, and pepper. Stir to coat everything evenly.
- Spread the vegetables on a rimmed baking sheet and bake for 25-30 minutes, until the edges become golden brown, or to your preferred level of softness.
- Optional: For crispier results, remove the pan from the oven after 20 minutes, use a spatula to flip the veggies over, then return the pan to the oven for the remaining 10 minutes.
- Sprinkle with the fresh basil before serving.

SERVINGS: 4

PREP TIME: 45 MIN