

# Roasted Broccoli & Cauliflower with Parmesan & Garlic

Serving Size: 12    Total Time: 25 minutes

## Ingredients

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4 cups Broccoli  
4 cups Cauliflower  
½ cup olive oil  
6 cloves minced garlic  
½ cup grated Parmesan cheese  
Sea salt  
Black pepper

## Directions

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**Preheat oven to 400°F.**

Line a large baking sheet with foil or parchment paper.

Mix the broccoli and cauliflower florets in a large bowl.

Add the olive oil, garlic, and half of the parmesan cheese. Toss to coat.

Sprinkle with sea salt and black pepper, then toss again.

Arrange the veggies in a single layer on the lined baking sheet, giving them plenty of room to breathe.

Bake for 18-22 minutes, until the edges are browned. Tossing halfway through for even cooking.

Right before serving, toss with remaining parmesan cheese.

Sprinkle with additional salt & pepper to taste if desired.

Enjoy!

Recipe by: Maya Krampf from [WholesomeYum.com](http://WholesomeYum.com)

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