



MEDITERRANEAN ROASTED BROCCOLI & TOMATOES

Advanced Lifestyle

Ingredients

12 oz. broccoli crowns, trimmed and cut into bite-size florets (about 4 cups)
1 cup grape tomatoes
1 TBS extra-virgin olive oil
2 cloves garlic, minced
1/4 TSP salt
1/2 TSP freshly grated lemon zest
1 TBS lemon juice
10 pitted black olives, sliced
1 TSP dried oregano
2 TSP capers, rinsed (optional)

Instructions

1. Preheat oven to 450°F.
2. Toss broccoli, tomatoes, oil, garlic and salt in a large bowl until evenly coated. Spread in an even layer on a baking sheet. Bake until the broccoli begins to brown, 10 to 13 minutes.
3. Meanwhile, combine lemon zest and juice, olives, oregano and capers (if using) in a large bowl. Add the roasted vegetables; stir to combine. Serve warm.

Portion-Per-Serving Information (Yields 4 servings):

1 serving = 1 cup = 2 V, 1/4 FT