

Lemon Broccoli & Cauliflower

Ingredients

- 3 cups broccoli, cut into florets
- 3 cups cauliflower, cut into florets
- 2 Tbsp olive oil
- 2 cloves of garlic, pressed
- 1 Tbsp fresh lemon juice
- Pinch of salt
- Pinch of black pepper
- 1 tsp lemon zest
- $\frac{1}{4}$ cup shaved Parmesan cheese

Directions

1. Add water in a pot and bring to a boil. Add broccoli and cauliflower to boiling water. Cover and cook for 6 minutes, or until fork tender.
2. Remove from heat, drain, and rinse with cold water.
3. Pat dry the broccoli and cauliflower; set aside in a large bowl.
4. Heat olive oil in a non-stick skillet. Stir in the garlic, cooking for 30 seconds to 1 minute, but do not burn. Remove from heat and pour over vegetables.
5. Add lemon juice, salt, and black pepper to bowl. Stir to combine.
6. Sprinkle with lemon zest and shaved Parmesan cheese.

Handling & Storage

Look for broccoli that is firm with closed florets, odorless, and has a deep green color. Refrigerate broccoli, and use within 3-5 days.

To freeze, cut washed broccoli into florets and stalks into pieces. Steam about 5 minutes. Plunge into ice water to stop cooking and drain thoroughly. Place into sealed bags or containers and freeze for up to 12 months.

Nutritional Information

Calories: 84

Total Fat: 5.8 g

Saturated Fat: 1.3 g

Cholesterol: 2 mg

Sodium: 114 mg

Total Carbohydrates: 6.2 g

Dietary Fiber: 2.5 g

Sugars: 2.0 g

Protein: 3.0 g

Serves: 6