

Roasted Broccoli and Red Peppers

6 servings



Ingredients

- 5 cups fresh broccoli florets (about 1 large bunch), gently rubbed under cold running water
- 1 red bell pepper, gently rubbed under cold running water and cut into bite-sized pieces
- 2 teaspoons olive or vegetable oil
- ½ teaspoon lemon pepper
- 1 clove garlic, minced

Nutrition Information: Serving Size (1/2 of recipe): Calories 40, Total Fat 2g, Saturated Fat 0g, Cholesterol 0mg, Sodium 45mg, Total Carbohydrates 5g, Fiber 2g, Total Sugars 2g, includes 0g Added Sugars, Protein 2g, Vitamin D 0%, Calcium 2%, Iron 6%, Potassium 6%

Instructions

1. Wash hands with soap and water.
2. Preheat the oven to 400°F.
3. Add broccoli, pepper, oil, lemon pepper and garlic to a self-sealing plastic bag; shake until ingredients are combined (or mix together in a bowl).
4. Spread the mixture out in an even layer on a baking sheet.
5. Bake in the preheated oven until vegetables are tender enough to pierce with a fork, 15 to 20 minutes.
6. Store leftovers in a sealed container in the refrigerator for up to four days.

This material was funded in part by USDA's Supplemental Nutrition Assistance Program – SNAP and Expanded Food & Nutrition Education Program (EFNEP). This institution is an equal opportunity provider.

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