

Roasted Cauliflower and Kale

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**GREATER
CHICAGO**
- FOOD -
DEPOSITORY.

Serves: 6

Prep: 15 minutes | **Cook:** 25 minutes

INGREDIENTS

- 1 cup kale, deveined and chopped
- 1 head cauliflower, cut in small pieces*
- 1 cup fresh cherry or grape tomatoes
- 1 tablespoon cooking oil
- 1 teaspoon garlic powder
- 1/2 teaspoon salt
- Pepper to taste

DIRECTIONS

1. Preheat oven to 500° F.
2. Place kale, cauliflower and tomatoes in a large bowl. Add salt, garlic powder and pepper. Drizzle olive oil across and toss the vegetables to combine ingredients.
3. Transfer veggies to baking dish in a single layer to ensure they roast evenly.
4. Bake about 20 minutes, stirring every 10 minutes to distribute herbs and oil. The veggies are done when tender and golden.

*Substitutions

1 head of cauliflower	—>	1 head of broccoli
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Nutrition Information	
<i>Serving size: 1/6 of recipe</i>	
Calories	71
Total fat	3 g
Saturated fat	0 g
Cholesterol	0 mg
Sodium	240 mg
Carbohydrates	11 g
Fiber	5 g
Sugars	5 g
Protein	4 g

Recipe source: Everyday Dishes