

Roasted Cauliflower and Brussels Sprouts



Ingredients:

- 1 lb Brussels sprouts, halved
- 1/2 head of cauliflower, separated into florets
- 1/2 t salt
- 1/2 t pepper
- 2 T canola or olive oil

Directions:

1. Preheat oven to 425 F.
2. Toss cauliflower and Brussels sprouts with oil, salt, and pepper.
3. Roast 25 minutes, turning vegetables once.

Makes 4 servings.



Tarrant County Public Health
<http://health.tarrantcounty.com>