



Roasted Broccoli, Cauliflower & Carrots

Info:

Makes 4 Servings 65 Calories per Serving

LOW CAL

Ingredients:

- ❖ 2 Bags of Broccoli, Cauliflower and Baby Carrots
- ❖ Cooking Spray
- ❖ Salt to taste



Preparation:

1. Preheat oven to 400°
2. Spread vegetables out on a large baking sheet, lightly coat with cooking spray, sprinkle with salt and toss
3. Bake 25 minutes or until desired doneness

