

Roasted Broccoli and Tomatoes

Ingredients:

12 oz. broccoli crowns (about 4 cups)

1 cup grape tomato

1 tbsp. Olive oil

2 cloves garlic, minced

1/4 tsp. salt

½ tsp. lemon zest

1 tbsp. lemon juice

10 pitted black olives, sliced

1 tsp. dried oregano

2 tsp. capers, rinsed

1/2 cup pine nuts

1/₃ cup feta cheese

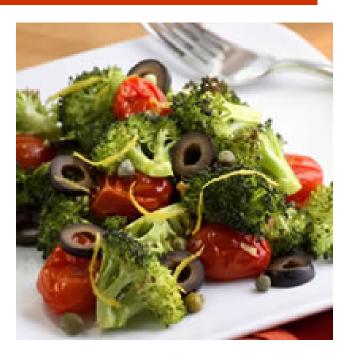
Nutrition Facts

Serving Size 5 oz (144g) Servings Per Container 4

Amount Per Serving	9
Calories 110	Calories from Fat 70
	% Daily Value*
Total Fat 8g	12%
Saturated Fa	t 2.5g 13 %
Trans Fat 0g	
Cholesterol 10	mg 3 %
Sodium 440mg	18%
Total Carbohyo	drate 7g 2%
Dietary Fiber	3g 12 %
Sugars 2g	
Protein 5g	
Vitamin A 50%	• Vitamin C 120%

Vitamin A 50%		Vitamin C 120%		
Calcium 10%	6 •	Iron 8%		
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:				
	Calories:	2,000	2,500	
Total Fat Saturated Fat Cholesterol Sodium Total Carbohydra Dietary Fiber	Less than Less than Less than Less than ate	65g 20g 300mg 2,400mg 300g 25g	80g 25g 300mg 2,400mg 375g 30g	

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4









Directions:

- 1. Preheat oven to 450 degrees. Toss broccoli, tomatoes, oil, garlic and salt in a large bowl until evenly coated. Spread in an even layer on a baking sheet.
- 2. Bake until broccoli begins to brown, 10 to 13 minutes. Meanwhile, combine lemon zest and juice, olives, oregano and capers in a large bowl. Add the roasted vegetables; stir to combine and serve warm topped with pine nuts and feta cheese.