

Roasted Broccoli, Tomatoes and Olives

From the American Institute for Cancer Research

http://preventcancer.aicr.org/site/News2?abbr=pr_hf_&page=NewsArticle&id=23134&news_iv_ctrl=1128

Ingredients

- 4 cups bite size broccoli florets
- 1 cup halved cherry tomatoes
- 1 cup pitted black olives, halved
- 4 cloves garlic, minced
- 2 Tbsp. extra virgin olive oil
- Salt to taste
- 1 tsp. freshly grated lemon zest
- 1 Tbsp. lemon juice, or to taste
- 1 tsp. oregano leaves, crushed

Instructions

1. Preheat oven to 375 degrees F.
2. In large bowl, add broccoli, tomatoes, olives, garlic, oil and salt to taste. Gently toss until well coated. Spread on baking sheet in single layer. Bake 15 minutes.
3. In same bowl, combine zest, juice and oregano. Add roasted vegetables and gently toss. Serve warm.

Makes 4 servings

Nutrition information per serving

Calories: 133	Dietary Fiber: 2 g
Total Fat: 11 g	Sodium: 316 mg
Saturated Fat: 1 g	Protein: 3 g
Cholesterol:	Carbohydrates: 9 g

