



Oakhurst, NJ 732.663.0222	Marlboro, NJ 732.536.2027	Brooklyn, NY 718.998.8898	Cedarhurst, NY 516.569.6400
------------------------------	------------------------------	------------------------------	--------------------------------

MEDITERRANEAN ROASTED BROCCOLI & TOMATOES	Advanced Lifestyle
--	---------------------------

Ingredients

- 12 oz. broccoli crowns, trimmed and cut into bite-size florets (about 4 cups)
- 1 cup grape tomatoes
- 1 TBS extra-virgin olive oil
- 2 cloves garlic, minced
- 1/4 TSP salt
- 1/2 TSP freshly grated lemon zest
- 1 TBS lemon juice
- 10 pitted black olives, sliced
- 1 TSP dried oregano
- 2 TSP capers, rinsed (optional)

Instructions

1. Preheat oven to 450°F.
2. Toss broccoli, tomatoes, oil, garlic and salt in a large bowl until evenly coated. Spread in an even layer on a baking sheet. Bake until the broccoli begins to brown, 10 to 13 minutes.
3. Meanwhile, combine lemon zest and juice, olives, oregano and capers (if using) in a large bowl. Add the roasted vegetables; stir to combine. Serve warm.

Portion-Per-Serving Information (Yields 4 servings):

1 serving = 1 cup = 2 V, 1/4 FT