

ROASTED BROCCOLI AND CAULIFLOWER

My roasted broccoli and cauliflower recipe with parmesan and garlic is so easy, using just 5 ingredients. A delicious way to eat veggies!



Scan this QR code with your phone's camera for the full recipe, including tips, step-by-step photos, and storage, or to save it to your account. You can also find it at: <https://www.wholesomeyum.com/recipes/roasted-broccoli-and-cauliflower-recipe-with-parmesan-garlic-low-carb-gluten-free/>



🕒 **Prep** 5 minutes 🕒 **Cook** 25 minutes 🕒 **Total** 30 minutes

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Servings: (adjust to scale recipe)

INGREDIENTS

- ☐ 4 cups Broccoli (cut into florets; fresh or frozen)
- ☐ 4 cups Cauliflower (cut into florets; fresh or frozen)
- ☐ 1/3 cup Olive oil
- ☐ 6 cloves Garlic (minced)
- ☐ 2/3 cup Grated parmesan cheese (divided)
- ☐ Sea salt (to taste)
- ☐ Black pepper (to taste)

INSTRUCTIONS

- ① Preheat the oven to 400 degrees F (204 degrees C). Line a large baking sheet (or two smaller ones that can fit side by side) with foil, or use a quality non-stick baking sheet like this and skip lining it.
- ② Mix the broccoli and cauliflower florets in a large bowl. Add the olive oil, garlic, and half of the parmesan cheese. Toss to coat. Sprinkle with sea salt and black pepper, then toss again.
- ③ Arrange the veggies in a single layer on the lined baking sheet(s), giving them plenty of space. Roast for 25-30 minutes for fresh florets or 30-35 minutes for frozen ones, tossing halfway through, until the edges are browned.
- ④ Right before serving, toss the roasted broccoli and cauliflower with the remaining parmesan cheese. Sprinkle with additional salt & pepper to taste if needed.

MAYA'S RECIPE NOTES

Serving size: 1 cup

- **Roasting Tips:** Check out [my recipe tips](#) above to help you get evenly cooked florets with those perfect crispy edges every time.
- **Seasoning Variations:** Change it up with one of my [seasoning blends](#) above.
- **Store:** Keep leftovers in an airtight container in the refrigerator for up to 3-4 days. I often use them for my [broccoli cauliflower salad](#) or [roasted cauliflower salad](#) (both taste great even if the veggies are cooked), or [broccoli cauliflower casserole](#).
- **Freeze:** Flash freeze roasted veggies on a sheet pan, then transfer to a zip lock bag and keep frozen for up to 3 months.
- **Reheat:** You can warm in a 350-degree F oven, but I like to use the [air fryer](#) for the best texture. The microwave works, but your veggies will be softer.

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Nutrition Facts

Amount per serving. Serving size in recipe notes above.

Calories	203	Total Carbs	10.3g
Fat	15.7g	Net Carbs	6.7g
Protein	8g	Fiber	3.6g
		Sugar	3g

I provide nutrition facts as a courtesy. Have questions about calculations or why you got a different result? Please see my [nutrition policy](#).

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