Recipe of the Week

Mediterranean Roasted Broccoli & Tomatoes

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

Directions:
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.

Serves 4
75 calories, 5 g fat, 1 g saturated fat, 7 g carbohydrate, 3 g fiber, 3 g protein, 260 mg sodium
Source: Million Hearts