



*Simple,  
Seasonal,  
Sustainable*

## 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

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