



7 Ways to Use Roasted Broccoli

1. Top a baked sweet potato with roasted broccoli and your favorite shredded cheese
2. Brush olive oil on a large flour tortilla. Top with roasted broccoli and cheese for a white pizza. Return to oven until cheese is melted.
3. Toss with pasta, red pepper flakes, and cheese.
4. Chop and add to scrambled eggs.
5. Chop and add to pancake mix with cheese for a savory pancake.
6. Smash white beans in a bowl. Add lemon, salt, a little oil, and your favorite poultry seasoning. Top toast with bean spread and roasted broccoli.
7. Combine roasted broccoli with rice, chopped scrambled egg, and a little soy sauce for a quick fried rice.

Alternate Vegetable:

All these recipes can be substituted with cauliflower instead of broccoli.

How to Roast Broccoli:

Chop or snap broccoli florettes into bite-size pieces. Evenly layer on a baking sheet. Drizzle with olive oil and bake at 400 degrees for 15-20 minutes, or until florettes are lightly brown.



For recipes and nutrition information, visit capitalareafoodbank.org/recipes

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