



Categories: Family Friendly. Keto. Low Carb. Dairy Free. Vegetarian

## *Roasted Foundations*

Yield: 6 servings

Prep time: 10 minutes

Total time: 30 minutes

### *Ingredients*

Cauliflower, sliced | 3 cups

Broccoli, sliced | 3 cups

Red Onion, sliced | ¼ cup

Salt | 1 tsp

Fresh Thyme\* | 1 tablespoon

Fresh Rosemary\* | 1 tablespoon

Garlic, minced | 2 cloves

Olive Oil | 2 tablespoons

### *Directions*

Preheat oven to 350°.

Wash and slice broccoli and cauliflower. Try to keep pieces similar in size for consistent cooking.

Slice red onion into thin ribbons.

Place all vegetables in a large bowl.

Pour 2 Tbsp of olive oil on top.

Add all spices and minced garlic.

Mix all ingredients together.

Cover roasting pan with parchment paper.

Evenly spread vegetables on roasting pain.

Roast for 25 minutes.

### *Macronutrient Breakdown*

Calories: 54 kcal | Carbohydrates: 7 g | Protein: 2.5g | Fat 2.6g | Fiber: 2.5g

Roasted Foundations		
<b>Nutrition Facts</b>		
Serving Size: 1 Serving		
Amount Per Serving	% Daily Value*	
<b>Calories</b>	54.4 kcal	3 %
<b>Total Fat</b>	2.6 g	4 %
Saturated Fat	0.4 g	2 %
Trans Fat	0 g	
<b>Cholesterol</b>	0 mg	0 %
<b>Sodium</b>	424.5 mg	18 %
<b>Total Carbohydrate</b>	6.9 g	2 %
Dietary Fiber	2.5 g	10 %
Sugars	2.1 g	
<b>Protein</b>	2.4 g	5 %
Vitamin A	6 % • Vitamin C	113 %
Calcium	4 % • Iron	4 %
* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.		
Full Info at <a href="http://cronometer.com">cronometer.com</a>		