

# Roasted Cauliflower and Potatoes

Serving Size: ½ cup | Servings per Recipe: 4 | Heart Healthy



## INGREDIENTS

- 6 small red potatoes, cut into bite-sized pieces
- 1 head of cauliflower (rinsed, dried, and cut into pieces)
- 3 tbsp of oil
- ½ teaspoon salt (optional)
- ¼ teaspoon pepper (optional)
- 2 tsp dried rosemary (optional)

## DIRECTIONS

- Heat oven to 425°F and line a baking sheet with parchment paper
- Place potatoes and cauliflower on baking sheet. Add the olive oil, rosemary, salt, and pepper and mix until combined.
- Roast the vegetables for 30 minutes. Stir the vegetables once 15 minutes have passed to cook evenly.



Calories per serving: 105 kcal | 5 g total fat | 14 g total carbohydrates | 2 g protein