



Hummus Roasted Broccoli & Cauliflower - Allons-y!

4 servings

25 minutes

Ingredients

- 3 cups Broccoli (chopped into florets)
- 1 head Cauliflower (chopped into florets)
- 1 cup Hummus
- Sea Salt & Black Pepper (to taste)

Directions

- 1 Preheat oven to 425°F (218°C) and line a baking pan with parchment paper.
- 2 In a large mixing bowl, toss broccoli and cauliflower florets with hummus until well coated. Transfer to baking pan and season with salt and pepper.
- 3 Bake for 25 minutes, flipping halfway. Let cool slightly before serving. Enjoy!

Notes

Leftovers, Refrigerate in an airtight container for up to four days.

No Broccoli or Cauliflower, Use zucchini, brussels sprouts, peppers, kale, eggplant, fennel or squash instead.

Extra Tasty, Sprinkle some curry powder before baking. Then drizzle with olive oil once done. Delicious!