

Roasted Cauliflower and Broccoli

BY **SOMERVILLE SCHOOL DISTRICT**

In this recipe, Somerville School roasts the cauliflower and steams the broccoli. When broccoli is roasted, the florets become crunchy and dark before they achieve tenderness on the inside. Some kids don't mind the broccoli a bit dark and actually love the crunchy dark florets (and so do we!). So feel free to roast both—just increase the oil to 2 cups.

- 14 heads cauliflower, chopped, using florets and some tender stem pieces (16 pounds)
- 8 bunches broccoli, chopped (10 pounds)
- 1 cup olive oil
- 1½ cups grated Parmesan cheese (¼ pound)
- 1 tablespoon granulated garlic
- 1 tablespoon salt
- 4 teaspoons black pepper

YIELD: 100 SERVINGS (K-5) * SERVING SIZE: ¾ CUP

Cut cauliflower into florets, discarding the core. Use some tender stem pieces.

Cut broccoli crowns into florets. To use the stems, cut the bottom 2 to 3 inches from the stems and discard. Trim the outer fibrous part of the remaining stem with a large knife and slice thinly.

Toss cauliflower with half the oil and spread one-layer deep on lined sheet pans.

Roast cauliflower at 350°F, until tender and golden, about 15 minutes.

Steam broccoli in perforated hotel pans (about 5 to 7 minutes) and then rinse under cold water to stop the cooking process. It should be *bright green!*

Combine broccoli and cauliflower with the remaining oil, spices, and cheese.

Use a ½-cup scoop to serve on the line.

NUTRITIONAL INFORMATION

CALORIES: 57; SODIUM: 130.49 MG; SATURATED FAT: 8.88%

USDA REQUIREMENTS MET

⁵/₈ CUP TOTAL VEGETABLE

(³/₈ CUP OTHER VEGETABLE, ¹/₄ CUP DARK GREEN VEGETABLE)