

Side Dishes

Broccoli and Cauliflower Toss

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1 pound broccoli and cauliflower mix

2 tablespoons olive oil

1 tablespoon lemon juice

1/4 teaspoon red pepper flakes

pinch garlic salt

Place the broccoli and cauliflower mix in a bowl.

In another bowl, combine the olive oil, lemon juice, red pepper flakes and garlic salt. Mix well.

Pour the dressing over the broccoli and cauliflower mix. Toss to coat.

Per Serving (excluding unknown items): 243 Calories; 27g Fat (97.7% calories from fat); trace Protein; 1g Carbohydrate; trace Dietary Fiber; 0mg Cholesterol; trace Sodium. Exchanges: 0 Fruit; 5 1/2 Fat.