



Cauliflower, Broccoli, Peppers & Herbs

*A colorful, flavorful veggie dish
that can be roasted, sautéed,
or served as a healthy side.*



*A versatile, colorful vegetable
dish packed with flavor from
herbs, garlic, and peppers.*



INGREDIENTS:

- 2 cups cauliflower florets
- 2 cups broccoli florets
- 1 red bell pepper, sliced
- 1 yellow bell pepper, sliced
- 1 orange bell pepper, sliced
- 3 cloves garlic, minced
- 2 tbsp olive oil



HERBS & SEASONING:

- 1 tsp dried basil
- 1 tsp parsley
- 1/2 tsp oregano
- 1/2 tsp thyme
- 1/2 tsp garlic powder
- Salt & pepper to taste
- Optional: pinch red pepper flakes.



ROASTED VERSION (Best Flavor)

Preheat oven to 425°F. Toss vegetables with olive oil, garlic, and seasonings. Spread on baking sheet. Roast 25–30 minutes, stirring halfway.



SKILLET VERSION:

Heat oil in skillet. Add cauliflower first for 5 minutes. Add broccoli and peppers. Cook another 6–8 minutes. Add garlic and herbs last 2 minutes.



Flavor Boosters:

Lemon juice, Parmesan cheese, Butter, Balsamic glaze, Soy sauce splash.



Serve With:

Chicken, Steak, Rice bowls, Pasta, Eggs

