



Lemony Roasted Asparagus and Cauliflower Salad

Ingredients

- 1-pound cauliflower florets
- ½ pound asparagus spears, ends discarded and spears sliced diagonally into 1-inch pieces
- 1 tablespoon extra-virgin olive oil
- 1 tablespoon lemon juice
- Zest of full lemon
- Salt and pepper to taste

Instructions

1. Preheat oven to 425F and line baking sheet with parchment
2. Toss cauliflower florets and cut asparagus in ½ tbs of olive oil. Season with a pinch of salt and pepper and roast in oven for 20-25 mins, tossing halfway through, until cauliflower begins to brown and soften (but is not mushy!)
3. Refrigerate until cool, about 15-20 mins (works faster if cauliflower spread out on sheet in fridge!)
4. Toss the roasted cauliflower and asparagus with remaining ½ tbs olive oil, lemon juice, and lemon zest. Season to taste with salt and pepper. Serve cold or at room temperature.

Servings: makes 1 serving.

Each serving = 2 ½ cups of vegetables, 3 servings of healthy fat.

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