



# Grilled Broccoli & Cauliflower Parmesan

## Servings

4

## Calories

160

## Prep Time

10 minutes

## Total Time

40 minutes

## Skill Level

Easy

## Ingredients

- 1 (12 ounce) bag Mann's Broccoli & Cauliflower
- ½ cup sun-dried tomatoes
- 3 tablespoons olive oil
- 2 garlic cloves, minced
- 1 teaspoon dried basil leaves
- ½ cup grated Parmesan cheese
- 4 ice cubes



## The Method

On a sheet of aluminum foil (18" x 24"), add Mann's Broccoli & Cauliflower to the center and coat with olive oil. Add minced garlic cloves, sun-dried tomatoes, basil. Toss to coat vegetables evenly.

Top vegetables with Parmesan cheese, then add the ice cubes. Bring up foil sides. Double fold top and ends to seal packet, leaving room for heat circulation inside.

### For Oven

Preheat oven to 450°F.

Place vegetable foil packet on a baking sheet. Bake until vegetables are tender, about 20-25 minutes.

### For Grill

Over medium-high heat, place vegetable foil packet on grill. Cook with grill uncovered until vegetables are tender, about 12-25 minutes.

### Nutrition Facts

Serving Size 111g | Servings: 4

#### Amount Per Serving

Calories 160 | Total Fat 12g (sat fat 2.5g trans 0g) | Cholesterol 5mg | Sodium 135mg | Total Carbohydrate 10g | Dietary Fiber 3g | Sugars 4g (Includes 0g Added Sugars) | Protein 5g | Vitamin D 0% | Calcium 10% | Iron 10% | Potassium 10%