

## Roasted Broccoli Greens

<http://www.green-talk.com/roasted-cauliflower-or-broccoli-leaves-nutritious-and-delicious/>

### Ingredients:

Use any leaves: Cauliflower, Broccoli, Kale or any green:

Soy Sauce to drizzle over the leaves. (We use organic Tamari, wheat free sauce low sodium instead of Soy Sauce)

Scallions

Four cloves of garlic.

Sesame Oil or Olive Oil

Salt and Pepper to taste

### What To Do:

Pre-heat the oven to 400°F .

Wash the cauliflower and leaves and cut into bite-size pieces, and then discarding the toughest outer layer of leaves. (Preferably into the composter!)

Smash a few cloves of garlic and chop them coarsely. Chop some scallions as well. The whole scallion, not just the white part. (I cheat and use already cut up garlic which is 2 cloves per teaspoon.) Note, you can omit the scallions if you don't want them or don't have them. This dish tasted the same to me with or without them.

Toss the garlic, onions, and cauliflower with a generous splash of soy sauce and oil in a roasting pan. Sprinkle with salt and pepper. Note, we omit the salt. (I used a Pyrex 9 by 11 pan and just filled it up with the leaves. If you have too many leaves make another batch.)

Place the uncovered roasting pan in the oven for about 20 minutes, or until the green leaves are crisp and both the florets and the thicker stalks are tender and can be pierced easily with a fork. (Change the time if you are using a convection oven.)

This recipe is amazing. I have used both broccoli and cauliflower leaves. I bet you can just use the leaves by themselves and just cut back on the amount of garlic if you want. I love garlic so the more the merrier. Don't worry if you overcook the leaves. I love them crispy. It is so simply and so quick.