



Roasted Mushroom, Broccoli, Tomatoes

Author: Cincinnati Public Schools, OH

SERVINGS: 4

INGREDIENTS

- 1 cup broccoli florets
- 3/4 cup cherry tomatoes
- 2 1/2 cups sliced mushrooms
- 2 tsp olive oil
- 1/2 tsp salt
- 1/2 tsp pepper

DIRECTIONS

1. Wash broccoli and chop into florets.
2. Wash cherry tomatoes.
3. Lightly rinse the mushrooms, shake off excess water, and allow to air dry or use a towel to dry. Remove stems and roughly chop or slice. Slice mushroom caps into 1/4" slices.
4. Place broccoli, grape tomatoes, and mushrooms in a large bowl.
5. Pour 2 tsp of oil over vegetables and add 1/2 tsp salt and 1/2 tsp pepper.
6. Spread on lined baking sheet in single layer and bake at 400°F for 12 - 15 minutes until tomatoes are blistered and split and vegetables are tender.
7. Serve 1/2 cup per serving.



To learn more about Mushrooms in Schools, visit MushroomsInSchools.com
To learn more about eating mushrooms at home and beyond, visit MushroomCouncil.com



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