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# Sheet Pan Garlic Parmesan Roasted Broccoli & Green Beans

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## Prep Time

5 mins

## Cook Time

20 mins

## Total Time

25 mins

Sheet Pan Garlic Parmesan Roasted Broccoli & Green Beans are a favourite family side dish for any meal!

Course: Side Dish

Cuisine: American

Servings: 4 servings

Calories: 254 kcal

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## Ingredients

- 2 heads of broccoli , stems removed and cut into florets
- 12- ounces | 350 grams green beans , ends trimmed
- 1 cup grape or cherry tomatoes
- 1/3 cup freshly grated parmesan cheese , divided
- 1/4 cup olive oil
- Juice of half a lemon
- 1 tablespoon minced garlic
- Salt and pepper , to season

## Instructions

1. Preheat the oven to 200°C | 400°F. Spray a baking sheet or tray with non stick cooking oil spray.
2. Arrange the broccoli and green beans on the baking sheet.
3. Top with 1/4 cup of parmesan cheese, and drizzle with the olive oil and lemon juice. Add the minced garlic and salt and pepper to suit your tastes; mix together well until all of the vegetables are evenly and completely covered in dressing.
4. Spread the veggies out in a single layer, transfer to oven and roast for 20 minutes.
5. After 20 minutes, carefully remove the sheet from the oven and add the tomatoes to the pan. Give the veggies a mix through (flipping any that are crisping or browning), and return to the oven, rotating the pan if necessary to cook evenly. Continue to roast for an additional 15-20 minutes, or until the broccoli is cooked through (the florets will have a nice crisp edge).
6. Top with the remaining 2 tablespoons of parmesan cheese and serve immediately!

Nutrition Facts	
Sheet Pan Garlic Parmesan Roasted Broccoli & Green Beans	
<b>Amount Per Serving</b>	
<b>Calories</b> 254	Calories from Fat 153
<b>% Daily Value*</b>	
<b>Total Fat</b> 17g	<b>26%</b>
Saturated Fat 3g	<b>15%</b>
<b>Cholesterol</b> 7mg	<b>2%</b>
<b>Sodium</b> 237mg	<b>10%</b>
<b>Potassium</b> 1231mg	<b>35%</b>
<b>Total Carbohydrates</b> 28g	<b>9%</b>
Dietary Fiber 10g	<b>40%</b>
Sugars 8g	
<b>Protein</b> 13g	<b>26%</b>
Vitamin A	54.7%
Vitamin C	352.3%
Calcium	27.4%
Iron	19.4%
* Percent Daily Values are based on a 2000 calorie diet.	

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