

## Broccoli-Cauliflower Bake

Servings: 8 @ 1 point, 1 pointplus

Preparation Time: 20 min

Cooking Time: 45 min

### Ingredients

1 head(s) broccoli, broken into florets  
1 head(s) cauliflower, broken into florets  
1/2 cup(s) dried bread crumbs  
1 Tbsp butter, melted  
2 Tbsp parsley, chopped  
2 tsp lemon zest  
2 tsp thyme  
1/2 tsp table salt  
1/4 tsp black pepper

### Instructions

Preheat oven to 375°F.

Rinse vegetables under water. Place wet vegetables in a 2-quart ovenproof casserole dish. Bake until slightly tender, about 40 minutes.

Combine remaining ingredients; sprinkle mixture over vegetables. Bake until crumbs are crisp and brown, and vegetables are tender, about 5 minutes. Yields about 1/2 cup per serving.