

## Grilled Prebiotics



### Ingredients:

- 1 purple cabbage, washed and sliced with stalk removed
- 1/2 pound Brussels sprouts, halved
- 1 head of broccoli, washed and cut into bite-sized pieces
- 3 tablespoons olive oil

### Directions:

1. Heat oven to 400 F.
2. Line a baking sheet with foil.
3. Place the vegetables on the baking sheet, and brush with olive oil.
4. Cook for 35 minutes
5. Switch the oven to broil and broil for 3-5 minutes to caramelize.

Makes 4 Servings



**Tarrant County Public Health**  
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