Roasted Broccoli

Home Recipe

Serves: 4
Prep Time: 10 minutes
Cook Time: 20 minutes

Ingredients

- 1 lb broccoli (about 1 small bunch), cut into florets, stems peeled & sliced or diced
- 2 Tbsp olive oil
- 3 cloves garlic, sliced
- ½ tsp salt
- ¼ tsp ground black pepper

Cooking Instructions

1) Preheat oven to 450° F.
2) Toss the broccoli florets with olive oil, garlic, salt, and pepper on a baking sheet.
3) Spread out over baking sheet and roast for about 20 minutes or until edges are crispy and stems are crisp tender. Serve warm.

Nutrients Per ½ Cup Serving

- Calories: 86
- Total Fat: 7 g
- Saturated Fat: 1 g
- Cholesterol: 0 mg
- Sodium: 320 mg
- Carbohydrates: 6 g
- Dietary Fiber: 2 g
- Protein: 1 g
- Calcium: 59 mg
- Iron: 1 mg
- Potassium: 236 mg
- Vitamin C: 11 mg
- Vitamin A: 280 mcg

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