

# Lemon Roasted Broccoli - Virtual



*Roasted broccoli is a quick and easy side dish, you will want to make again and again. Finishing with lemon zest and parmesan gives a bright, fresh flavor pop without having to reach for the salt shaker.*

YIELD 3 SERVINGS	PREP TIME 3 MIN	TOTAL TIME 15 MIN
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## INGREDIENTS

1 crown	Broccoli, cut into florets (about 4 cups)
½ Tbsp	Olive Oil
1 clove	Garlic, minced
½ each	Lemon, zested and juiced
⅛ tsp	Kosher Salt
To taste	Black Pepper, ground
½ Tbsp	Parmesan Cheese, grated

## CHEF NOTES

This recipe can be adapted for a variety of other vegetables such as cauliflower or asparagus. Seasonings can also be adjusted to use what you have on hand.

Roasted vegetables can be served warm or at room temperature. They make a great side dish for any protein and can be a tasty addition to salads, pastas, and rice/grain dishes.

## EQUIPMENT NEEDS

Chef Knife  
Cutting Board  
Citrus Juicer and Zester  
Measuring Spoons  
Parchment Paper or Foil  
Baking Sheet  
Tongs

## DIRECTIONS

1. Gather all necessary equipment and ingredients. Preheat oven to 375°F. Line a baking sheet with parchment paper or foil.
2. Place the broccoli florets on lined sheet tray and toss with the oil, garlic, lemon juice and zest, salt, and black pepper on the baking sheet to evenly coat.
3. Place the broccoli in oven and allow to roast until fork tender and lightly browned, about 8-10 minutes.
4. Once removed from the oven, immediately top the broccoli with the parmesan cheese to allow it to melt and then serve warm.

# Nutrition Facts

3 servings per container

**Serving Size**                      **about 3/4 cup (108 g)**

**Amount per serving**

**Calories** **60**

**% Daily Value \***

**Total Fat 3g** **4%**

Saturated Fat 0g **3%**

*Trans* Fat 0g

**Cholesterol 0mg** **0%**

**Sodium 140mg** **6%**

**Total Carbohydrate 6g** **2%**

Dietary Fiber 2g **8%**

Total Sugars 2g

Includes 0g Added Sugars **0%**

**Protein 3g** **7%**

Vitamin D 0.01mcg 0%

Calcium 70mg 5%

Iron 0.88mg 5%

Potassium 300mg 7%

\*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Recipe adapted from Health meets Food: Roasted Asparagus (8/16/19)



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