

# Lemon Roasted Broccoli

*Roasting vegetables brings out their natural sweetness, making it a great technique for taming the slightly bitter flavor of cruciferous choices like broccoli. Lemon and parmesan give a fresh flavor pop without having to reach for the salt shaker.*

YIELD 6 SERVINGS	PREP TIME 10 MIN	TOTAL TIME 20 MIN
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## INGREDIENTS

2 crowns	Broccoli, cut into florets (about 8 cups)
1 Tbsp	Olive Oil
2 clove	Garlic, minced
1 each	Lemon, zested and juiced
¼ tsp	Kosher Salt
To taste	Black Pepper, ground
2 Tbsp	Parmesan Cheese, grated (½ oz)

## 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.

## 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

6 servings per container

**Serving size** 3/4 cup (135g)

**Amount Per Serving**

**Calories** 70

**% Daily Value\***

**Total Fat** 3.5g 4%

Saturated Fat 0.5g 3%

Trans Fat 0g

**Cholesterol** <5mg 1%

**Sodium** 140mg 6%

**Total Carbohydrate** 9g 3%

Dietary Fiber 3g 11%

Total Sugars 2g

Includes 0g Added Sugars 0%

**Protein** 4g 8%

Vitamin D 0mcg 0%

Calcium 80mg 6%

Iron 0.9mg 6%

Potassium 400mg 8%

\* 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.

CONTAINS: MILK

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



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