

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. Prepare all ingredients as described above. Preheat oven to 375°F.
2. Place the broccoli florets on an un-lined sheet tray and toss with the oil, garlic, lemon zest and juice, salt, and pepper to evenly coat.
3. Roast in oven until tender and lightly browned, about 8 – 10 minutes. The cooking time will depend on the size of your florets.
4. Immediately top the hot broccoli with the grated parmesan and allow it to melt before serving.

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.

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