

# ROASTED BROCCOLI

*Roasting vegetables is a delicious way to prepare them. The high heat of roasting caramelizes the outside of the vegetable, bringing out its natural sweetness, without overcooking. Any vegetable can be roasted. Easy tip- Vegetables that grow in the same season can be roasted together. Think root vegetables in the fall/winter and zucchini, eggplants, summer squash in the summer.*

SERVES 4

Serving size: ½ cup

## Ingredients

1 ¼ pounds broccoli, washed, trimmed and cut into large florets; stalks peeled and chopped in large pieces

Salt and pepper to taste

¼ cup olive oil

## Directions

Preheat oven to 425 degrees. Line a shallow baking sheet with parchment paper or foil.

In a large bowl, add prepped broccoli and chopped stems. Add salt and pepper to taste and olive oil. Mix well with a large spoon.

Spread onto the baking sheet making sure broccoli is in one layer. This will ensure even cooking and browning. Place baking sheet in oven and roast for 30 minutes or until broccoli is browned in spots and stems are tender when pierced with a knife.



<b>Nutrition Facts</b>	
5 servings per container	
<b>Serving size</b>	<b>1/2 cup (125g)</b>
<b>Amount Per Serving</b>	
<b>Calories</b>	<b>140</b>
<b>% Daily Value*</b>	
<b>Total Fat</b> 12g	<b>15%</b>
Saturated Fat 1.5g	<b>8%</b>
Trans Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 150mg	<b>7%</b>
<b>Total Carbohydrate</b> 8g	<b>3%</b>
Dietary Fiber 3g	<b>11%</b>
Total Sugars 2g	
Includes 0g Added Sugars	<b>0%</b>
<b>Protein</b> 3g	
Vitamin D 0mcg	0%
Calcium 50mg	4%
Iron 0.9mg	4%
Potassium 360mg	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.