

Louisiana HARVEST of the MONTH

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

