

Roasted Broccoli with Lemon

Maybe you've never considered cooking broccoli this way, but roasting yields surprisingly good results. The heat concentrates the flavors and caramelizes the natural sugars. A touch of olive oil gives it a crispy, delicious finish.

Servings: 4 servings, 1 cup each

Prep: 10 mins

Total: 15 mins



INGREDIENTS

4 cups broccoli florets

1 tablespoon extra-virgin olive oil

1/4 teaspoon salt

Freshly ground pepper

Lemon wedges

DIRECTIONS

1. Preheat oven to 450 degrees F.
2. Toss broccoli with oil, salt and pepper. Place on a large baking sheet (not air-insulated) and roast until the broccoli is tender and blackened on the bottom, 10 to 12 minutes. Serve immediately, with lemon wedges.

NUTRITION FACTS

Calories 54, Total Fat 4 g, Saturated Fat 1 g, Monounsaturated Fat 3 g, Sodium 165 mg, Carbohydrate 4 g, Fiber 2 g, Protein 2 g