

ROASTED BROCCOLI

INGREDIENTS:

4 cups	Broccoli, florets
1/2 teaspoon	Olive Oil
1/4 teaspoon	Salt
1/4 teaspoon	Black Pepper

METHOD:

- Preheat oven to 375 degrees F.
- Toss broccoli, salt, olive oil, and pepper in a large bowl.
- Evenly spread seasoned broccoli on a large sheet-tray.
- Bake for 20-22 minutes, or until broccoli is bright green and slightly charred florets.

Serves: 4

Serving Size: 1 cup

Calories: 25

Fat: 1 gram

Sodium: 140 milligrams

Carbohydrate: 4 grams

Fiber: 2 grams

Protein: 2 grams