

Roasted Broccoli

Recipe Type: Side Dish

Serves: 4

Prep Time: 10 minutes

Cooking Time: 15 minutes

C means cup **T** means tablespoon **t** means teaspoon **oz** means ounce

What you need:

- 1½ lb broccoli florets, chopped
- 3 T olive oil
- 1½ T lemon juice
- ¼ t salt
- ½ t ground black pepper
- Cooking spray



This is a picture of 1 serving.

What to do:

1. Wash your hands.
2. Preheat the oven to 425°F.
3. Place the broccoli into a large bowl.
4. Add the olive oil, salt, black pepper and lemon juice. Mix well.
5. Put the broccoli in a 9x13 inch baking pan.
6. Roast for 15 minutes or until the broccoli can be easily pierced by a fork.
7. Enjoy!

Nutrition Facts

Serving Size 1 C

Amount Per Serving

Calories 155 Calories from Fat 101

%Daily Value*

Total Fat 11 g 17%

Saturated Fat 2 g 10%

Trans Fat 0 g

Cholesterol 0 mg 0%

Sodium 202 mg 8%

Total Carbohydrate 12 g 4%

Dietary Fiber 5 g 20%

Sugars 3 g

Protein 5 g

Vitamin D 0%

Calcium 8%

* Percent Daily Values are based on a 2,000 calorie diet.

FK= 4.8

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