

## Basic Roasted Broccoli



6 servings

Prep Time: 5 min Cook Time: 0 min

2 heads fresh broccoli, cut into bite-sized florets  
4 T. olive oil  
1 t. sea salt

3/4 t. black pepper

Preheat oven to 400 degrees F.

Toss broccoli florets with oil. Sprinkle with sea salt and black pepper. Spread broccoli in a single layer on baking sheets.

Roast broccoli 400 degrees F for 30-40 minutes, stirring at 20 minutes. Broccoli is done when pieces are nicely browned and the smaller bits are crisp. Once done, taste and adjust salt & pepper, as needed.

### Nutrition Facts per serving

Calories 61 , Protein 2 g, Carbohydrate 4 g, Total Fat 5 g, Saturated Fat 1 g, Fiber 2 g, Sugar 1 g, Sodium 215 mg



This recipe is provided by *Eat Well*, a healthy restaurant initiative supported by PartnerSHIP 4 Health in Otter Tail County. This recipe meets national nutrition standards for healthy eating.