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) On a baking sheet, toss the broccoli florets, olive oil, garlic, salt, and black pepper until evenly coated.
3) Spread out over baking sheet into a single layer and roast for about 20 minutes or until edges are crispy and stems are crisp tender. Serve warm.

Nutrition Facts

4 Servings Per Container
Serving Size **123g**

Amount Per Serving
Calories **100**

	% Daily Value *
Total Fat 7g	**9%**
Saturated Fat 1g	**5%**
Trans Fat 0g	
Cholesterol 0mg	**0%**
Sodium 330mg	**14%**
Total Carbohydrate 8g	**3%**
Dietary Fiber 3g	**11%**
Total Sugars 2g	
Includes 0g Added Sugars	**0%**
Protein 3g	
Vitamin D 0mcg	0%
Calcium 60mg	4%
Iron 0.9mg	6%
Potassium 370mg	8%

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

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