

# Lemon Roasted Broccoli

## Ingredients

- 2 crowns Broccoli, cut into florets
- 1 Lemon, zested and juiced
- 1 Tbsp Olive oil
- ¼ tsp Kosher Salt
- 2 clove Garlic, minced
- Black Pepper, to taste
- 2 Tbsp Parmesan Cheese

## Directions

1. Gather all necessary equipment and ingredients. Preheat oven to 375°F. Line a baking sheet with parchment paper or foil.
2. Place the broccoli florets onto the lined sheet tray and toss with the oil, garlic, lemon juice and zest, salt, and black pepper on the baking sheet to evenly coat.
3. Place the broccoli in oven and allow to roast until fork tender and lightly browned, about 8-10 minutes.
4. Once removed from the oven, immediately top the broccoli with the parmesan cheese to allow it to melt and then serve warm.



# Nutrition Facts

6 servings per container

**Serving size** **3/4 cup (135g)**

**Amount Per Serving**

**Calories** **70**

**% Daily Value\***

**Total Fat** 3.5g **4%**

Saturated Fat 0.5g **3%**

*Trans Fat* 0g

**Cholesterol** <5mg **1%**

**Sodium** 140mg **6%**

**Total Carbohydrate** 9g **3%**

Dietary Fiber 3g **11%**

Total Sugars 2g

Includes 0g Added Sugars **0%**

**Protein** 4g **8%**

Vitamin D 0mcg 0%

Calcium 80mg 6%

Iron 0.9mg 6%

Potassium 400mg 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.

## Notes

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

CONTAINS: MILK