



OVEN ROASTED BROCCOLI

Serves 2

Cook Time: 40mins

17.2 carbs

14.5 fat

7.1 protein

206.5 calories

Ingredients

- 2 cups broccoli florets
- 1 Tbsp dried parsley
- 1 tsp black pepper
- 1 Tbsp olive oil
- Salt and pepper, to taste

Directions

1. Preheat oven to 400F. Line a baking sheet with foil, and coat with olive oil. Remove stem and leaves from broccoli; wash and pat dry. Cut head in half, and then cut florets into bite-sized chunks.
2. Arrange the florets in a single layer on the foil-lined baking sheet. Drizzle oil over the broccoli, and toss gently to coat on all sides. Then sprinkle the broccoli with the parsley, salt and pepper, to taste. Bake for ~25-30 minutes until lightly browned. Serve.