

# Crowd-Pleasing Roasted Broccoli

## Ingredients

- 6 c. broccoli florets (1 – 1.5 lbs)
- 2 Tbsp. canola oil
- 1/4 tsp. coarsely ground salt



## Instructions

1. Heat oven to 425 degrees Fahrenheit.
2. Trim woody end of broccoli stalk. The rest of the stalk which is tender can be cubed and used, but should be peeled for the best quality. Cut florets off broccoli head into bite-sized pieces.
3. Toss florets with canola oil and salt in a 9 x 13-inch baking dish.
4. Roast at 425 degrees for 14-16 minutes, stirring half-way through to ensure even browning.

Prep time: 10-15 min // Cook time: 14-16 min // Total time: 25-30 min

Serves 4 - Serving Size: 1 c. - Nutrients per serving: 107 calories -- 7g total fat -- 1g saturated fat -- 0g *transfat* -- 0mg cholesterol -- 191mg sodium -- 9g total carbohydrates -- 3g fiber -- 2g sugar -- 4g protein -- [www.peasandhoppiness.com](http://www.peasandhoppiness.com)

Pro tip: For variety, try adding one of these seasoning blends to your broccoli when you add the salt

- Pepper + squeeze of lemon juice
- Curry powder
- Garlic + cumin
- Parmesan cheese after removing from oven

