



Roasted Broccoli Florets with Citrus

Makes 2. Recipe adapted from loveandlemons.com

Ingredients

12 ounces broccoli florets
Extra-virgin olive oil, for drizzling
Sea salt and freshly ground black pepper
2 limes or lemons or limes, halved
Red pepper flakes

Nutritional info per serving

Calories:	136
Total fat:	8g
Cholesterol:	0mg
Sodium:	174mg
Total Carbs:	17g
Dietary Fiber:	6g
Protein:	6g

Directions

Making perfect roasted broccoli couldn't be easier! Here's what you need to do:

1. First, preheat the oven to 400°F and line a rimmed baking sheet with parchment paper.
2. While the oven warms up, wash, thoroughly dry, then break a head of broccoli into evenly sized florets.
3. Spread them evenly on the baking sheet in a single layer, add lime or lemon halves.
4. Toss the broccoli florets with olive oil and season with salt and pepper.
5. Transfer them to the hot oven and bake for 15 to 22 minutes, until the florets are browned and crisp around the edges.
6. When they come out of the oven, squeeze the roasted citrus juice over the florets.
7. Finish them with a big sprinkle of red pepper flakes. You can drizzle a tiny bit more oil over the top if you like.
8. Serve warm, and enjoy!