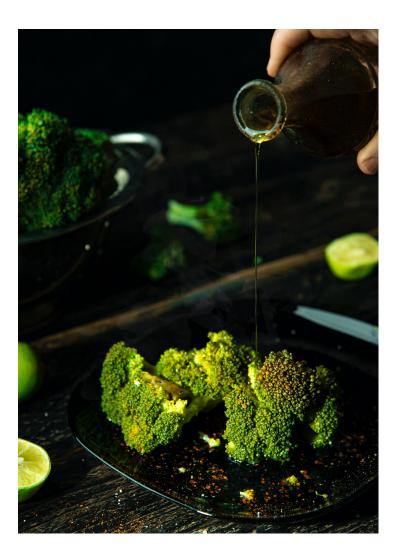


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Roasted Broccoli Florets with Citrus

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!