

Roasted Broccoli

Courtesy of Carole's Creations

Prep Time: 10 minutes

Cooking Time: 17-20

Serves: 4

CChints: Fresh broccoli is available all year in your grocery store. Watch for heats that are a bright green and do not have areas where it is starting to turn a gold or brown color.



2-3 stalks of broccoli, enough to serve 4
4 tablespoons extra-virgin olive oil, divided
3 cloves of minced garlic, fresh or from a jar
1 teaspoon salt
Dash of black pepper
3 tablespoons roasted pecans
2 tablespoons fresh lemon juice
Zest from one lemon
1/4 cup freshly grated Parmesan cheese

Preheat the oven to 400 degree F and locate a baking sheet. Cover the sheet with a silicone mat or foil for easy clean up.

Cut the broccoli, leaving about 2 inches of stalk attached to the florets. Then cut those pieces in half lengthwise, leaving each piece with a stem and a floret. You can throw away the rest of the stalks.

Lay the broccoli out on the baking sheet. Sprinkle with 2 tablespoons of olive oil and the garlic, salt and pepper. Put in the oven and roast for 17 – 22 minutes making sure it browns but it does not burn.

Remove the pan from the oven and toss with the remaining oil through cheese. Transfer to a serving bowl and enjoy.