

## Roasted Broccoli

**TOTAL TIME:** prep time 3 minutes, cook time 10 minutes. Yields: 4 servings

### Ingredients

- 4 cups broccoli florets
- 1 tablespoon olive oil
- Salt & pepper to taste



### Directions

- Preheat oven to 400 degrees
- Toss with olive oil, salt, and pepper
- Arrange on a baking sheet lined with parchment paper (if have, makes clean up easier) or coat with cooking spray
- Place on the middle rack of hot oven and bake for 10 minutes, stirring halfway through (roast longer if you want it browner and crispier)

### Nutrition Facts:

*Amount Per Serving:* Calories 50, sodium 73mg, carbohydrates 4g, fiber 2g, protein 2g

<https://www.realmomnutrition.com/recipe-15-minute-roasted-broccoli/>