



Roasted Broccoli



Where service *and savings* matter.

SERVINGS: 4

INGREDIENTS:

NUTRITIONALS

Nutritional analysis per serving: calories 110, calories from fat 80, total fat 9g, saturated fat 1.5g, cholesterol 0mg, sodium 330mg, total carbohydrate 6g, dietary fiber 3g, sugars 1g, protein 3g, vitamin A 70%, vitamin C 180%, calcium 6%, iron 6%

- 1 large head broccoli (about 1 lb)
- 2 ½ Tbsp Food Club olive oil
- ½ tsp salt
- Freshly ground black pepper
- ½ tsp sugar

DIRECTIONS:

1. Line a large baking sheet with foil. Place the pan in the oven and preheat to 450°F.
2. Cut the broccoli stalks into 2 to 3 inch lengths and ½-inch thick pieces. Cut crowns into 4 to 6 wedges.
3. Place in a large bowl and toss broccoli with oil, salt, pepper, and sugar.
4. Pull the baking sheet out of the preheated oven, spray it with non-stick cooking spray, and spread the broccoli mixture into an even layer placing flat side down. Roast until the broccoli is tender and blackened on the bottom, 10-12 minutes.
5. Serve immediately.

Source: adapted from eatingwell.com

visit unitedtexas.com for more recipe ideas

★ Roasted Broccoli ★

Shopping List

PRODUCE:

- 1 Head broccoli

SPICES/SEASONINGS:

- Salt
- Black pepper

GROCERY/FROZEN/MISCELLANEOUS:

- Food Club olive oil
- Sugar