

ROASTED BROCCOLI with ROSEMARY

INGREDIENTS

- 1 large head of broccoli, cut into florets
- 2 teaspoons olive oil
- ½ teaspoon kosher salt
- ½ teaspoon freshly ground pepper
- 1 teaspoons fresh or dried rosemary

DIRECTIONS

1. Heat oven to 425° F.
2. Place all ingredients in a large mixing bowl and toss to coat evenly. Pour broccoli onto a large parchment lined baking sheet and roast in the oven for 10 minutes.
3. Flip broccoli over and roast another 10 minutes. Serve hot.



Recipe courtesy of Today's Dietitian/Ginger Hultin MS, RDN, CSO

Serves: 4 | Nutrition Information: Calories: 45; Total fat: 2.5g; Saturated fat: <1 g; Sodium: 314 mg; Total carbohydrate: 5g; Dietary fiber: 2g; Sugars: 1g; Protein: 2g.