

Roasted Broccoli with Garlic and Red Peppers

Adapted from: *Bon Appetit*
Category: Vegetables

Servings: 5
Prep time: 30 minutes

Ingredients

- 1 ¼ pounds broccoli crowns, cut into florets (*about 8 cups*)
- 2 Tablespoons olive oil, divided
- 2 garlic cloves, minced
- Large pinch of dried crushed red pepper

Instructions

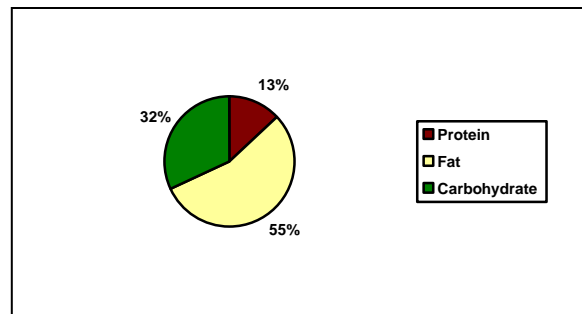
Preheat oven to 450°F. Toss broccoli and 1 ½ tablespoons oil in large bowl to coat. Sprinkle with salt and pepper. Transfer to rimmed baking sheet. Roast 15 minutes. Stir remaining ½ tablespoon oil, garlic, and red pepper in small bowl. Drizzle garlic mixture over broccoli; toss to coat. Roast until broccoli is beginning to brown, about 8 minutes longer. Season to taste with salt and pepper. Serve immediately.

Pair with 8 ounces grilled chicken and ¾ cup of wild rice.*

Nutritional Facts Per Serving

Recipe Only:

<i>Serving Size: 1½ cup broccoli</i>
Sugar:Fiber = 1:1.5
Mono:Sat = 5.5:1
Calories: 70
Carbohydrates (g): 7
Fat (g): 5
Cholesterol (mg): 0
Protein (g): 3
Sodium (mg): 30



*Recipe + Pairing:

<i>Serving Size: 1½ cup broccoli, chicken, rice</i>
Sugar:Fiber = 1:2
Mono:Sat = 2:1
Calories: 410
Carbohydrates (g): 36
Fat (g): 10
Cholesterol (mg): 115
Protein (g): 48
Sodium (mg): 1150

