



# Roasted Garlic Parmesan Broccoli

## Ingredients

- 4 cups of broccoli florets
- ¼ cup extra virgin olive oil
- 3 cloves garlic, minced
- ¼ cup plus 2 tbsp grated parmesan cheese

## Directions

1. Bring a small pot of water to a boil. Blanch the broccoli for 5 minutes.
2. Preheat oven to 425 degrees Fahrenheit. Drizzle a little olive oil on a large baking sheet, use a paper towel to rub the pan down.
3. In a large bowl, toss broccoli, olive oil, garlic and salt to taste, until broccoli is evenly coated.
4. Spread broccoli on the prepared baking sheet in an even layer. Scoop out any garlic and oil left in the bowl and sprinkle it over the broccoli.
5. Roast for 10-12 minutes, until broccoli is cooked through and browned.
6. Sprinkle with parmesan cheese and Enjoy!

Calories 193

Total Fat 17 g

Saturated Fat 4 g

Cholesterol 8 mg

Sodium 173 mg

Total Carbohydrate 7 g

Dietary Fiber 2 g

Sugars 2 g

Protein 6 g