

Recipe of the Month – June 2020

Roasted Broccoli

Serves 4

Serving Size: $\frac{3}{4}$ cup

Cost per Serving: \$0.58

Ingredients:

6 cups broccoli, cut into florets

2 Tablespoons oil, (*canola, olive, vegetable*)

$\frac{1}{4}$ teaspoon salt

$\frac{1}{4}$ teaspoon ground black pepper



Directions:

1. Preheat oven to 425°F. Spray a baking sheet with nonstick cooking spray.
2. Wash and cut broccoli into florets.
3. Add broccoli and oil to a large bowl. Stir until broccoli is coated with oil.
4. Stir in salt and ground black pepper. Spread broccoli onto baking sheet.
5. Bake for 15 minutes. Stir. Bake up to 10 minutes more, if needed.

Tips:

- Substitute 1 bag (14 oz.) frozen broccoli florets, not thawed, for the fresh broccoli to save prep time.
- Add $\frac{1}{2}$ teaspoon garlic powder or Italian seasoning.
- Trim leftover broccoli stems and use in soups or casseroles.
- For easier cleanup, line the baking sheet with foil.

Nutrition Facts per Serving: 90 calories, 7g total Fat (0.5g sat. fat), 0mg. Cholesterol, 170mg Sodium, 5g Carbohydrates, 2g Fiber, 2g Sugar, 3g Protein

*Recipe compliments of Iowa State University Extension and Outreach:
Healthy & Homemade 2020 Nutrition & Fitness Calendar*



THE OHIO STATE UNIVERSITY

COLLEGE OF FOOD, AGRICULTURAL,
AND ENVIRONMENTAL SCIENCES

Clermont County Extension

1000 Locust Street, PO Box 670

Owensville, OH 45160

Phone: 513-732-7070