

## Roasted Broccoli with Lemon, Garlic and Chili

Recipe borrowed from Kristy Del Coro, MS, RD

Serves 4

### Ingredients:

2 heads broccoli, cut into florets  
2 ½ tablespoons olive oil  
2 cloves garlic, grated on microplane grater  
1/4-1/2 tsp of red chili flake  
1/2 tsp fine sea salt  
Zest from 1-2 lemons

### Tools Needed

Knife  
Measuring Spoons  
Baking Sheet  
Parchment Paper  
Microplane

### Directions:

1. Preheat oven to 425°F
2. Toss broccoli florets with olive oil, grated garlic, chili flake and salt
3. Transfer to lined sheet pan and arrange in a single layer
4. Roast for about 10 minutes or until ends of florets starts to brown.  
Remove from oven and toss with lemon zest