

# Your Healthy Kitchen



 YAVAPAI REGIONAL  
MEDICAL CENTER  
*Proudly Caring for Western Yavapai County*

## Roasted Broccoli

1 large or 2 small heads of broccoli (about 1 pound)

Olive oil or other cooking oil

Salt

Optional Additions:

Zest from one lemon

Freshly grated parmesan cheese

### Directions

Preheat oven to 425°

Using a vegetable peeler, peel the skin off the stem of the broccoli. Cut about ½ inch off bottom of stem and discard. Starting at the bottom of the stem, slice the stem into ¼ inch rounds. Work up toward the florets until they start falling away from the stem. Cut remaining florets into 1 inch or 2 inch pieces.

Toss broccoli in a large bowl with just enough oil to cover the broccoli lightly, about 2 tablespoons. Toss with a little salt.

Place broccoli on a baking sheet lined with parchment paper. Put larger pieces along the outer edges, and smaller pieces toward the center.

Bake in the middle of the oven for 15-20 minutes. The broccoli should be browned in some places and tender-crisp. If your broccoli is almost cooked, but not well browned, turn the heat up to 425° and cook 5 minutes more. Keep an eye on it though, as it can burn quickly. Serve with freshly ground pepper, the zest of a lemon, and a bit of grated parmesan cheese, if desired.

### Benefits of broccoli:

<http://nutritionfacts.org/?s=broccoli>

**For more healthy recipes,  
please visit Your Healthy Kitchen  
via [www.yrmhealthconnect.org](http://www.yrmhealthconnect.org)**

### NUTRITION INFORMATION

#### PER 1 CUP SERVING:

Calories	85
Total Fat	6 g
Saturated Fat	1 g
Total Carbohydrate	5 g
Fiber	2 g
Sodium	74 mg
Protein	2 g
Potassium	239 mg

Also a very good source of  
vitamin C

Cost per serving: \$ .50  
per cup