

Simple Roasted Broccoli

Ingredients:

- Broccoli, cut into florets
- Canola oil, or another neutral oil
- Salt

Method:

1. Preheat oven to 425°F.
2. Drizzle a sheet pan with a small amount of oil, spreading to coat with a spatula or a clean hand.
3. Add broccoli florets to the pan and toss to coat with oil from the pan. Spread the florets across the pan leaving space between so that they are able to brown.
4. Sprinkle lightly with salt.
5. Cook in oven for 15-18 minutes, or until edges start to brown.

Change it up, add some toppings!

- Shredded cheddar cheese (sprinkle on during the last 2 minutes of cooking)
- Toasted pine nuts and cranberries
- Lemon zest and cracked pepper
- Italian blend seasoning and grated Parmesan cheese (sprinkle seasoning blend on florets before cooking and cheese during last the last 2 minutes of cooking)

Ways to enjoy:

- On a baked potato
- Folded into mac and cheese
- With buttered whole-grain noodles
- In a turkey and cheese quesadilla or tortilla roll-up

