



Crispy Broccoli

Ingredients:

- 2 cups fresh broccoli florets
- 2 teaspoon olive oil
- 1 tablespoon fresh squeezed lemon juice

Directions:

1. Preheat oven to 425
2. Rinse the broccoli and pat dry. Cut off the florets and separate them. You can use the stems of the broccoli too; cut them into 1" chunks and peel them.
3. Toss the broccoli, olive oil, and lemon juice in a large bowl until coated.
4. Roast the broccoli, in batches, for 10 to 14 minutes or until the broccoli is crisp-tender and slightly brown around the edges. Repeat with the remaining broccoli. Serve immediately.

Makes 2 servings

Each serving uses: 2 cups of Select Veggies, 1 servings healthy fat

Tip: You can cook cauliflower using this method too!