

Side Dish

Broccoli Parmesan

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Servings: 8

Preparation Time: 10 minutes

Roast Time: 17 minutes

8 cups broccoli florets

2 tablespoons olive oil

1/2 teaspoon salt

1/4 teaspoon ground black pepper

1/4 cup Parmesan cheese, grated

Preheat the oven to 450 degrees.

Place the broccoli in a shallow baking pan lined with foil. Drizzle with the olive oil. Sprinkle with the salt and pepper.

Bake, uncovered, for 13 to 15 minutes, stirring once, until the broccoli is crisp-tender and slightly charred.

Sprinkle with the Parmesan cheese.

Bake 1 to 2 minutes more.

Transfer the broccoli to a serving platter or individual plates, if desired.

Serve immediately.

Per Serving (excluding unknown items): 63 Calories; 4g Fat (57.8% calories from fat); 3g Protein; 4g Carbohydrate; 2g Dietary Fiber; 2mg Cholesterol; 200mg Sodium. Exchanges: 0 Grain(Starch); 0 Lean Meat; 1/2 Vegetable; 1/2 Fat.