

Grilled Broccoli N' Cheese

Chef Lindsay Autry - West Palm Beach, FL
Palm Beach Post

Servings: 4

- 1 head broccoli, cut into large florets with stem trimmed to four inches long**
- 1 lemon, zested and juiced**
- 1 teaspoon crushed red pepper flakes (optional)**
- 1 teaspoon Kosher salt**
- 2 tablespoons extra virgin olive oil**
- 1/4 cup pecorino Romano cheese (or Parmesan cheese), finely grated**
- 1/4 cup toasted breadcrumbs (optional)**

Preheat the grill to medium heat. If using charcoal, once the coals have turned gray, spread out evenly and heat the rack.

In a medium mixing bowl, combine the lemon zest, lemon juice, red pepper (if desired) and Kosher salt. Gradually whisk in the olive oil.

Add the broccoli to the bowl and toss to coat with the vinaigrette. Allow to sit for about 10 minutes.

Remove the broccoli from the bowl and place on the grill. Reserve the leftover vinaigrette.

Allow the broccoli to cook for 3 minutes on each side or until it is charred and crispy.

Place the grilled charcoal on a platter and top with the grated cheese and toasted breadcrumbs, if desired.

Per Serving (excluding unknown items): 105 Calories; 7g Fat (53.7% calories from fat); 5g Protein; 10g Carbohydrate; 5g Dietary Fiber; 0mg Cholesterol; 511mg Sodium. Exchanges: 1 1/2 Vegetable; 0 Fruit; 1 1/2 Fat.