

Roasted Broccoli with Garlic and Olive Oil



So simple - toss in oil, slice garlic, zest a little lime, roast, lime juice on top. Done.

1 1/2 pounds broccoli, trimmed

2 tablespoons olive oil, more if needed

3 cloves garlic, sliced

1/2 teaspoon lime zest

4 pieces lime slices

salt and pepper to taste

Carolyn T's Blog - Tasting Spoons:
<http://tastingspoons.com>

Servings: 4

1. Preheat oven to 425°. If your oven will adjust to 410°, do it at that temp.
2. Prepare a rimmed baking sheet with a Silpat or line with parchment paper or foil.
3. Cut broccoli into small pieces and discard most of the stems. Place on the baking sheet and drizzle the olive oil all over. Using your hands, toss the broccoli thoroughly so all the pieces are somewhat covered with oil.
4. Slice up the garlic pieces and place ON the broccoli. Pieces left on the Silpat will burn. Bake for about 20-25 minutes until some edges have begun to turn brown. Taste one Remove from oven, sprinkle lime zest all over, season with salt and pepper and serve with lime wedges to drizzle over the broccoli.

Per Serving (excluding unknown items): 97 Calories; 7g Fat (58.7% calories from fat); 3g Protein; 8g Carbohydrate; 3g Dietary Fiber; 0mg Cholesterol; 29mg Sodium. Exchanges: 1 Vegetable; 0 Fruit; 1 1/2 Fat.