



Parmesan Roasted Broccoli

Source: Cooking with Extension / **Yield:** 6 (½ cup) servings; 70 Calories per serving. Total fat 6g; Protein 3g; Total carbohydrate 3g; Dietary fiber 1g, Sodium 265mg.

INGREDIENTS:

- 3 cups fresh broccoli florets
- 2 tablespoons olive oil
- ½ teaspoon salt
- ½ teaspoon black pepper
- ¼ cup shredded or grated parmesan cheese

DIRECTIONS:

1. Heat oven to 425°F.
2. In a bowl, toss broccoli with olive oil.
3. Place broccoli on a large baking sheet and season with salt and pepper.
4. Roast in oven for 20 minutes.
5. Remove broccoli from oven, and sprinkle with parmesan cheese. Return to oven to bake for 5 minutes.