



Oven Roasted Broccoli

4 - 6 servings

INGREDIENTS

- 1 Head broccoli
- 3 Tbsp olive oil
- 2-3 Garlic cloves, minced
- 1 tsp salt
- Black pepper
- Optional - 1/2 tsp crushed red pepper

DIRECTIONS

1. Pre-heat oven to 425°F.
2. Cut the florets off the broccoli stalk, then cut into even wedges.
3. Peel and crush the cloves of garlic with your knife. Then use knife to roughly chop garlic into small pieces.
4. Add broccoli pieces, salt, pepper, red pepper flakes and garlic to bowl and toss with oil to coat.
5. Put broccoli onto baking sheet, spread evenly, and place in oven.
6. Cook for 10 - 15 minutes, until broccoli is



Vermont
Foodbank
VT Fresh

Become a Recipe Tester and enter to win a \$100 gift card!

Visit VT Fresh for recipes, videos & more! vtfoodbank.org/vtfresh

This material was funded in part by USDA's Supplemental Nutrition Assistance Program (SNAP). USDA is an equal opportunity provider and employer.



Oven Roasted Broccoli

4 - 6 servings

INGREDIENTS

- 1 Head broccoli
- 3 Tbsp olive oil
- 2-3 Garlic cloves, minced
- 1 tsp salt
- Black pepper
- Optional - 1/2 tsp crushed red pepper

DIRECTIONS

1. Pre-heat oven to 425°F.
2. Cut the florets off the broccoli stalk, then cut into even wedges.
3. Peel and crush the cloves of garlic with your knife. Then use knife to roughly chop garlic into small pieces.
4. Add broccoli pieces, salt, pepper, red pepper flakes and garlic to bowl and toss with oil to coat.
5. Put broccoli onto baking sheet, spread evenly, and place in oven.
6. Cook for 10 - 15 minutes, until broccoli is



Vermont
Foodbank
VT Fresh

Become a Recipe Tester and enter to win a \$100 gift card!

Visit VT Fresh for recipes, videos & more! vtfoodbank.org/vtfresh

This material was funded in part by USDA's Supplemental Nutrition Assistance Program (SNAP). USDA is an equal opportunity provider and employer.