



# Oven Roasted Broccoli

4 - 6 servings

## INGREDIENTS

- 1 large head broccoli and/or cauliflower
- 3 Tbsp oil
- 1 tsp salt
- Black pepper
- Optional - 1/2 tsp crushed red pepper
- Optional - 3 garlic cloves, sliced

## DIRECTIONS

1. Pre-heat oven to 425°F.
2. Cut the florets off the broccoli stalk, then cut into even wedges.
3. Add broccoli pieces, salt, pepper, red pepper flakes and garlic (if using) to bowl and toss with oil to coat.
4. Put broccoli onto baking sheet, spread evenly, and place in oven.
5. Cook for 10 - 15 minutes, until broccoli is browned.
6. Enjoy hot and refrigerate leftovers.



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