



Italian Parmesan Broccoli



4 servings



10 mins prep | 30 minutes total time

Per serving:

207 calories

33 g carbs

5 g fiber

7 g fat

6 g protein

Ingredients

- 1 head broccoli, chopped into florets (about 3 cups)
- 2 Tbs olive oil
- 2 tsp garlic, minced
- 1 tsp dried rosemary
- 1 tsp Italian seasoning (see note)
- 1/4 tsp pepper
- 2 Tbs Parmesan cheese (optional)

Directions

Prep

1. Cut head of broccoli into florets.
2. Preheat oven to 375°F with sheet pan inside (hot try = faster cooking times).

Make

1. Place broccoli florets in a large bowl. In a small glass bowl, mix avocado oil, garlic, rosemary, Italian seasoning, and black pepper.
2. Pour oil mixture over broccoli and toss to coat
3. Line sheet pan with parchment.
4. Spread broccoli hot tray in a single layer (no mounding - the florets will steam not roast). Bake for 20 minutes.
5. Immediately top with Parmesan cheese and serve!

Note: You can purchase Italian herb seasoning or make your own by combining 1 Tbs each of dried oregano, basil, & parsley, with 1.5 tsps of dried rosemary & thyme, plus 1 tsp garlic powder. Shake well and store in a clear jar with a tight lid.



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