

Crispy Roasted Broccoli

High-heat roasting turns broccoli nutty and crisp at the edges. Only 3 g net carbs.

Makes 4 servings | Serving: 3/4 cup | About $0.58 per serving | 5 min + 25 min | 3 g net carbs

Ingredients

- 6 cups broccoli, cut into florets
- 2 tablespoons oil (canola, olive, vegetable)
- 1/4 teaspoon salt
- 1/4 teaspoon ground black pepper

Method

1. Heat the oven to 425°F and coat a baking sheet with cooking spray.
2. Rinse the broccoli and cut into florets.
3. Toss with the oil in a large bowl.
4. Stir in the salt and pepper and spread on the sheet.
5. Roast 15 minutes, stir, then roast up to 10 minutes more.

Swaps: Use a 14-ounce bag of frozen florets, no need to thaw. Add garlic powder or a squeeze of lemon.

Storage: Refrigerate up to 3 days.

Nutrition Facts

Per serving (3/4 cup)

Calories	**90**
Total Fat	7 g
Saturated Fat	0.5 g
Sodium	170 mg
Total Carbohydrate	5 g
Dietary Fiber	2 g
Total Sugars	2 g
Added Sugars	0 g
Protein	3 g
Calcium	52 mg
Iron	1 mg
Potassium	348 mg

Why it's good for you

- Broccoli is rich in vitamin C and vitamin K.[1]
- Olive or canola oil adds healthy fats.[2]

[1] NIH Office of Dietary Supplements: Vitamin K fact sheet, https://ods.od.nih.gov/factsheets/VitaminK-Consumer/
[2] Harvard T.H. Chan School of Public Health, The Nutrition Source: Types of Fat, https://nutritionsource.hsph.harvard.edu/what-should-you-eat/fats-and-cholesterol/types-of-fat/

Recipe adapted from Iowa State University Extension and Outreach, Spend Smart. Eat Smart.: https://spendsmart.extension.iastate.edu/recipe/roasted-broccoli/. Nutrition per serving and cost as published by the source; method rewritten. General information, not medical advice.

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