

# Roasted Broccoli

# Maine Child Nutrition

Lunch Side

SERVING SIZE: ½ Cup

YEILD: 16 SERVINGS

MEAL PATTERN CONTRIBUTION: ½ Cup Drk Green Veg

## **Ingredients and Instructions**

---

<b>Broccoli, florets</b>	<b>8 Cups</b>
<b>Garlic, minced</b>	<b>2 Cloves</b>
<b>Oil</b>	<b>2 ½ Tbsp</b>
<b>Salt and Pepper</b>	<b>To Taste</b>
<b>Lemon Zest</b>	<b>½ Tbsp</b>
<b>Lemon Juice</b>	<b>1 Tbsp</b>
<b>Parmesan Cheese</b>	<b>2 Tbsp</b>

1. Preheat oven to 350 degrees.
2. Cut broccoli into florets and place in a bowl.
3. Drizzle with olive oil and add salt and pepper. Toss to fully coat.
4. Spread onto a lightly greased sheet pan and place in the oven to roast, about 20-25 minutes. Be sure to check part way through to see if the pan needs to be rotated.
5. Remove from the oven and toss in the lemon juice, zest, and parmesan cheese.
6. Serve warm.