



Roasted Garlic Lemon Broccoli

Recipe adapted from: <https://allthehealthythings.com/roasted-garlic-lemon-broccoli/>

Ingredients:

- 6 cups Broccoli Florets, fresh or frozen
- 3 Tablespoons Avocado Oil, Butter, or any Neutral Oil
- 3 Garlic, minced
- 1/2 teaspoon Salt
- 1 teaspoon Red Pepper Flakes
- 1 Tablespoon Lemon Juice

Directions:

1. Preheat oven to 425 degrees.
2. Cut any larger broccoli florets in half to make sure all of the broccoli is roughly the same size.
3. Place the broccoli in a mixing bowl. Add in the oil, salt, black pepper, garlic, lemon juice, and red pepper flakes. Toss until the broccoli is well coated in the oil and seasonings.
4. Transfer the broccoli to a large sheet pan and bake for 15-20 minutes, flipping halfway through. The broccoli should be tender and a little browned around the edges. Give the broccoli a taste halfway through to see if it needs more salt, pepper, or garlic and make any adjustments)
 - a. If using frozen broccoli cook for 30-40 mins
5. Serve immediately and enjoy!

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Brócoli rostizado con ajo y limón

Receta de: <https://allthehealthythings.com/roasted-garlic-lemon-broccoli/>

Ingredientes:

- 6 tazas de flores de Brócoli, fresco o congelado
- 3 cucharadas de aceite de aguacate, mantequilla, o aceite de neutral
- 3 dientes de ajo, finamente picados
- 1/2 cucharadita de sal
- 1 cucharada de chile seco
- 1 cucharada sopera de jugo de limón

Preparación:

1. Precalienta el horno a 425 grados.
2. Pica las flores de brócoli para que queden más o menos del mismo tamaño.
3. Coloca el brócoli en un plato hondo. Añade el aceite, la sal, la pimienta, el ajo, el jugo de limón y el chile seco. Mezclalo todo hasta que el brócoli quede bien cubierto de todos los condimentos.
4. Transfiere el brócoli a un plato para hornear y hornéalo durante 15-20 minutos. El brócoli quedará suave y doradito. Añade más condimentos o sal al gusto.
5. Si vas a utilizar brócoli congelado hornéalo durante 30 a 40 minutos.
6. Disfruta!

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