Dinner

Garlic Roasted Broccoli with Almonds

Broccoli florets roast with garlic, olive oil and slivered almonds until the tips turn golden, then get a bright finish of lemon juice.

17 min	70	4 g	1 g
time	calories	carbs	sugars



Vegetarian | Gluten free

Ingredients, 6 servings

- [ ] 1 spray, 0.25g nonstick cooking spray
- [ ] 12 oz broccoli florets
- [ ] 1 1/2 tbsp olive oil
- [ ] 2 clove garlic (minced)
- [ ] 3 tbsp slivered almonds
- [ ] 1/8 tsp black pepper
- [ ] 1 tbsp lemon juice

Method

- [ ] **1** Heat the oven to 425 degrees and, while it warms, mist a baking sheet with the nonstick cooking spray.
- [ ] **2** Stir the broccoli florets together with the olive oil, minced garlic, slivered almonds and black pepper in a small bowl until everything is evenly coated, then transfer the mixture to the baking sheet.
- [ ] **3** Bake for 10-12 minutes, or until the tips of the broccoli have picked up a light browning.
- [ ] **4** Move the roasted broccoli into a bowl and drizzle the lemon juice over it.

Nutrition Facts

Per serving

Calories	**70**
Total fat	6 g
Saturated fat	0.5 g
Sodium	15 mg
Total carbs	4 g
Fiber	2 g
Total sugars	1 g
Protein	2 g

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