

## Roasted Broccoli

Makes about 4 servings

4 cups broccoli florets  
2 T olive oil  
2 T parmesan cheese  
2 t cider vinegar  
1/4 t salt  
1/4 t black pepper



Optional blanching step to preserve green color while roasting: Bring 6 cups of water and 1 teaspoon of salt to a boil in a pot. Fill a large bowl with ice water. Boil broccoli for 1 minute, drain and immediately transfer to ice.

Preheat oven to 400°F. Toss all ingredients including fresh or blanched broccoli in a mixing bowl and place in a roasting pan. Roast for 20 minutes. Serve.

Nutrition information per serving (1/2 cup): 90 calories, 8g fat (1.5g saturated fat), 3g protein, 200mg sodium, 2g dietary fiber. Excellent source of vitamin A and vitamin C.

