

Side

Parmesan Garlic Roasted Broccoli

5 Mins
Prep Time

15 Mins
Cook Time


4
Servings

 **75 Calories** **4g Fat** **6g Carbs** **5g Protein**



Ingredients

 **4 Servings** • **½ Cup** Serving Size  **20 Mins** Total Time  **Allergens: Dairy**

1 lb Broccoli, **washed** and chopped into florets 
(about 4 cups raw)

1 Tbsp Olive Oil

½ Tsp Salt

1½ Tsp Garlic Powder

⅛ Tsp Crushed Red Pepper (omit if desired)

½ Fresh Lemon, cut in half

¼ Cup Shredded Parmesan Cheese

Allergen Swap

Dairy Replace Parmesan cheese with vegan walnut Parmesan or omit.

Nourishment Note



Broccoli

Broccoli is rich in Vitamin C, an antioxidant that can assist in reducing inflammation in the body. This is important for those living with RA. Broccoli is also a good source of fiber, promoting gut health and bowel regularity.

Instructions

1. Wash Hands

Wash hands with soap and water.

2. Preheat Oven

Preheat oven to 425°

3. Add Seasoning

Add olive oil, salt, garlic powder and crushed red pepper (if using) to a gallon sized resealable bag.

4. Seal and Shake

Add broccoli to resealable bag, shake well until broccoli is evenly coated with oil mixture.

5. Place on Baking Sheet

Empty broccoli on to a baking sheet. Spread out florets for a better crisp when roasting.

6. Place in Oven

Roast for 10 minutes. Remove from oven, flip broccoli, add Parmesan cheese and squeeze lemon over broccoli.

7. Cook Longer to Crisp

Return to oven for 5–7 more minutes. If you prefer broccoli more crispy, roast closer to 7 minutes.

8. Clean Up

Wash hands with soap and water.

Recipe created by Meijer Specialty Pharmacy
Registered Dietitians

What You'll Need



Cutting Board



Measuring Spoons



Knife



Baking Sheet



Resealable Bag

RA Cooking Tips

- Purchase pre-chopped broccoli.
- Use lemon juice instead of squeezing a fresh lemon.