

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

1/2 Tsp Salt

11/2 Tsp Garlic Powder

1/8 Tsp Crushed Red Pepper (omit if desired)

1/2 Fresh Lemon, cut in half

1/4 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

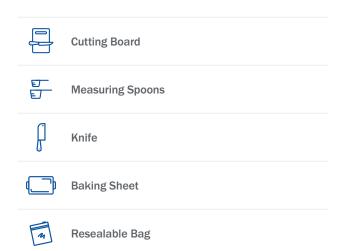
Return to oven for 5–7 more minutes. If you prefer broccoli more crispy, roast closer to 7 minutes.

## 8. Clean Up

Wash hands with soap and water.

Recipe created by Meijer Specialty Pharmacy Registered Dietitians

# **What You'll Need**



# **RA Cooking Tips**

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