



## Crispy Broccoli

### Ingredients:

- 2 cups fresh broccoli florets
- 2 tsp olive oil
- 1 tbsp fresh squeezed lemon juice

### Directions:

1. Preheat oven to 425° F.
2. Rinse the broccoli and pat dry. Cut off the florets and separate them. You can use the stems of the broccoli too; cut them into 1" chunks and peel them.
3. Toss the broccoli, olive oil, and lemon juice in a large bowl until coated.
4. Roast the broccoli, in batches, for 10 to 14 minutes or until the broccoli is crisp-tender and slightly brown around the edges.
5. Repeat with the remaining broccoli.
6. Serve immediately.

Servings: makes 2 servings

Each serving = 2 cups select vegetables, daily healthy fat.

**Tip:** You can cook cauliflower using this method too!

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