

Roasted Broccoli with Lemons and Garlic

Ingredients:

- 1 medium head of broccoli
- 1 lemon, halved
- 2 garlic cloves, thinly sliced
- 2 tablespoons olive oil
- Salt & Pepper, to taste

Instructions:

- 1. Preheat Oven:** Heat your oven to 400°F (200°C).
- 2. Prepare Broccoli:** Separate the broccoli florets and rinse them. Dry well and place them in a roasting pan in a single layer.
- 3. Season:** Drizzle the broccoli with olive oil and season generously with salt and pepper. Use clean hands to mix well, ensuring all the broccoli is evenly coated. Rearrange the broccoli back into a single layer if needed.
- 4. Prepare Lemon & Garlic:**
 - Cut 1/4 of the lemon into thin slices, then cut those slices into small wedges.
 - Zest 1/4 of the lemon over the broccoli and squeeze its juice all over the pan.
 - Scatter the garlic slices and lemon wedges evenly around the pan.
- 5. Roast:** Place the pan in the oven and roast for 15 to 20 minutes. Check the broccoli at 15 minutes. If it has black specs, remove it from the oven. If it needs more time, roast for another 5 minutes.
- 6. Serve:** Remove from the oven and enjoy as a side dish or a light meal.

Nutritional Breakdown per Serving (Serves 4):

- **Calories:** 110 kcal
- **Carbohydrates:** 9 g
 - **Fiber:** 3.5 g
 - **Sugars:** 2 g
- **Protein:** 3 g
- **Fat:** 8 g
 - **Saturated Fat:** 1 g

- **Sodium:** 180 mg
- **Vitamin C:** 90 mg
- **Calcium:** 50 mg
- **Iron:** 1 mg

This nutritional breakdown is based on using 2 tablespoons of olive oil and assumes the recipe serves four people.