

Roasted Broccoli Recipe



PREP TIME:
10 MINUTES

COOK TIME:
8-10 MINUTES

TOTAL TIME:
20 MINUTES

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Recipe type: Gluten Free / Dairy Free / Vegan

Yield: 4 Servings

Ingredients:

- 12 oz. Organic Chopped Broccoli
- ¼ of Medium Red Onion Chopped
- 1 TBSP Extra Virgin Olive Oil
- 2 Pinches Salt
- 3 Pinches/Shakes Garlic Powder

Instructions:

1. Preheat oven to 425 degrees.
2. Lightly spray baking sheet with olive oil – be sure to go light.
3. Pour chopped broccoli and onion into large bowl. Add salt, garlic powder and olive oil.
4. Mix well with spoon.
5. Bake at 425 for approximately 8-10 minutes. Watch closely so does not overcook. Still want broccoli to have bit of crunch.

***Try and use all organic ingredients if possible.**

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