

## Garlic Roasted Broccoli

### INGREDIENTS:

- 1 whole garlic bulb
- 1 tbsp. olive oil
- 1 lb. broccoli
- 1 dash of salt



\*VEGAN



\*GLUTEN-FREE



### INSTRUCTIONS:

1. Preheat oven to 400° F.
2. Separate garlic cloves but do not remove skin.
3. Place cloves on a sheet of foil, drizzle with ½ tbsp. of olive oil. Wrap foil around the cloves, making a little pouch.
4. Place in oven until cloves are softened, about 30-40 minutes.
5. Remove from oven, let cool for 5-10 minutes. Squeeze garlic out from the skin.
6. Wash broccoli, drain, cut into bite sized pieces.
7. In a large bowl, mix the roasted garlic with the broccoli, olive oil, and salt.
8. Spread out on foil-lined baking sheet, roast for 15-20 minutes or until edges are crispy. Make sure to flip halfway through.
9. Optional: For a cheesy flavor, add 2 tbsp. nutritional yeast before baking (add 11 calories per serving).

Servings: 5

### Nutrition Facts

5 servings per container	
<b>Serving size</b>	<b>3/4 cup</b>
<b>Amount per serving</b>	
<b>Calories</b>	<b>60</b>
<b>% Daily Value*</b>	
<b>Total Fat</b> 3g	<b>4%</b>
Saturated Fat 0g	<b>0%</b>
Trans Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 150mg	<b>7%</b>
<b>Total Carbohydrate</b> 8g	<b>3%</b>
Dietary Fiber 2g	<b>7%</b>
Total Sugars 2g	
Includes 0g Added Sugars	<b>0%</b>
<b>Protein</b> 3g	
Vitamin D 0mcg	<b>0%</b>
Calcium 52mg	<b>4%</b>
Iron 1mg	<b>6%</b>
Potassium 308mg	<b>6%</b>

\*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.