



Crispy Cheese Baked Broccoli

Servings 4 | Prep time 10 mins. | Total time 20 mins.

Equipment: Cutting board, Baking sheet

Utensils: Knife, Measuring cups and spoons, Tongs or two forks for tossing

Ingredients

Non-stick spray

2 large heads of broccoli, chopped into bite-size pieces (~4 cups)

½ cup breadcrumbs

½ cup parmesan cheese

1 teaspoon garlic powder

2 tablespoons olive or vegetable oil

Instructions

1. Before you begin wash your hands, surfaces, utensils, and vegetables.
2. Preheat oven to 400 degrees.
3. Spray baking sheet with non-stick spray.
4. Place chopped broccoli on baking sheet. Drizzle with oil and toss with garlic powder, breadcrumbs, and parmesan cheese.
5. Put baking sheet in the oven and bake for 18-20 minutes, tossing halfway through baking.

Nutritional Information:

Calories 190

Total Fat 11g

Sodium 270mg

Total Carbs 18g

Protein 8g