



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

½ cup breadcrumbs

½ cup grated parmesan cheese

1 clove garlic, minced OR 1 teaspoon garlic powder

2 tablespoons olive oil 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