

Roasted Broccoli Recipe

Yield: 4 servings

Ingredients

1 head of broccoli
1 Tablespoon olive oil
1/8 teaspoon salt



Optional toppings:

Sesame seeds
Chopped nuts
Chili oil
Minced garlic

Instructions for Adults

Assist with the oven for safety. Preheat the oven to 425 degrees.

Instructions for Kids

- Cut the broccoli into bite-size pieces, keeping them all about the same size. Include the broccoli stems and leaves, too! Place the pieces in a large bowl. Drizzle with the olive oil and stir to coat. Place the broccoli in a single layer on a baking sheet. Sprinkle with salt. Add any optional toppings, if using.
- Place in the oven for 6 to 9 minutes, or until the broccoli is crisp tender and the leaves have become crispy. Serve and enjoy warm. Roasted broccoli is also great as a cold snack for dipping.

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