



Roasted Broccoli Salad with Lemon Dressing

1 serving

30 minutes

Ingredients

80 grams Broccoli (florets, chopped)
375 milligrams Sea Salt (divided)
30 milliliters Extra Virgin Olive Oil
7 milliliters Lemon Juice
7 grams Pomegranate Seeds (optional)
4 grams Pumpkin Seeds
9 grams Feta Cheese (crumbled)

Nutrition

Amount per serving	
Calories	323
Fat	32g
Saturated	5g
Carbs	8g
Fiber	3g
Sugar	3g
Protein	5g
Cholesterol	8mg
Sodium	277mg
Potassium	315mg
Vitamin A	537IU
Vitamin C	75mg
Calcium	85mg
Iron	1mg
Vitamin D	1IU
Vitamin E	5mg
Vitamin K	98µg
Thiamine	0.1mg
Riboflavin	0.2mg
Niacin	1mg
Vitamin B6	0.2mg
Folate	57µg
Vitamin B12	0.2µg

Directions

- 1 Preheat the oven to 400°F (204°C) and line a baking sheet with parchment paper. Add the broccoli, half the oil and half the sea salt to the sheet and toss to combine. Bake for 15 to 20 minutes, until crispy.
- 2 In a small bowl, add the remaining extra virgin olive oil, lemon juice and the remaining sea salt.
- 3 Add the broccoli, pomegranate seeds, pumpkin seeds and feta. Drizzle the dressing over top and toss to combine.

Notes

Leftovers: Refrigerate the salad contents and dressing in separate airtight containers for up three days.

Dairy-Free: Omit the feta or use a dairy-free cheese.

No Avocado Oil: Use olive oil instead.

Additional Toppings: Add chickpeas, edamame, cooked chicken or salmon to make it a meal.



Phosphorous	133mg
Magnesium	43mg
Zinc	1mg
Selenium	4µg