

Smashed Broccoli with Parmesan



Ingredients

- 1 head organic broccoli boiled and dried.
- 2 tbsp extra virgin olive oil
- 3 cloves garlic, minced.
- Zest of 1 lemon
- 1 tsp salt
- ½ cup freshly grated parmesan cheese

Directions

1.

Preheat the oven to 420 degrees Fahrenheit.

Mark as complete

2.

Wash, chop, and boil broccoli in salted water for 3 minutes or until soft and tender.

Mark as complete

3.

Remove from saucepan, rinse with cold water and pat dry with a clean dish towel.

Mark as complete

4.

Once cooled, transfer to a mixing bowl and season with extra virgin olive oil, minced garlic, lemon zest and salt. Thoroughly combine with your hands; then transfer to a parchment paper lined baking tray and top with grated parmesan.

Mark as complete

5.

Using a mason jar (or anything with a flat surface bottom) press each floret “to smash” and don’t be afraid to use a little muscle. Then, top with any extra garlic from your mixing bowl and finish with a sprinkle of grated parmesan.

Mark as complete

6.

Transfer to your preheated oven to bake for 15 - 20 minutes or until lightly brown and crispy. Enjoy as a healthy snack as is, side dish or serve with a delicious homemade dip or aioli.