

Roasted Broccoli

-a bunch of broccoli (make sure it is dry if you washed it first)

-some olive oil

-salt & pepper

-a lemon

-a hunk of

Parmesan/Asiago/some

other aged, hard cheese

garlic (a clove for every lb. or one scape per lb. of broccoli)

-several fresh basil leaves

1. Preheat the oven to 425 degrees.
2. Take care to dry the broccoli before you roast it so that it gets that delicious crispy outside.
3. Cut the broccoli into florets and scatter on a baking sheet (don't overcrowd).
4. Chop up the stalks too and put those on the sheet pan please. If the lower stalks are too woody for you, take a vegetable peeler to the outside layer and then roast the tender insides.
5. Roughly chop the garlic scapes (or cloves) and scatter them on the pan.
6. Toss with olive oil to coat. Sprinkle with desired amount of salt and pepper.
7. Roast for 20-25 minutes until just tender and browned. Sometimes I put them under the broiler for a minute after to increase the browning.
8. Remove from oven, grate some lemon zest over the top and/or squeeze some lemon juice over the broccoli. For the grand finale, dust the florets and stems with grated cheese and a touch of basil.

Nutritional Facts: 444 Calories, 42 Carbs, 26g Fat, 25g Protein, 1364g Sodium, 10g Sugar