

Dr. Jenn's Roasted Broccoli and Garlic

Here is what you need:

- 1 bunch broccoli cut into florets, stems peeled and sliced or diced.
- 2 tablespoons extra virgin olive oil
- 3 cloves garlic, sliced
- Kosher salt and freshly ground pepper

Here is what to do:

- Preheat oven to 450 degrees
- In a large plastic bag shake together the broccoli florets with the olive oil, garlic, salt, and pepper.
- Once well coated, add the mixture to a baking sheet.
- Spread them out and then roast about 20 minutes without stirring until the edges are crispy and the stems are crisp tender.
- Let cool just a few minutes and serve warm

Enjoy!

Yield: Serves 4 as a side dish