

# Garlicky Roasted Broccoli

written by admin | July 11, 2011



Not a broccoli lover? This recipe just might change your mind. And it's easy! The garlic, ginger and lemon give it so much flavor, and roasting changes the texture just a bit. It's absolutely delicious! I easily eat a whole crown in one serving.

## **Equipment:**

Chopping Board  
Large Bowl  
Rimmed Baking Sheet

## **Ingredients:**

3 pounds broccoli, cut into long spears  
4 Tbsp olive oil  
2 Tbsp garlic, minced  
2 tsp fresh ginger, finely chopped  
1 tsp sea salt  
1/2 tsp crushed red pepper (optional)  
Lemon wedges for serving

## **Directions:**

1. Preheat the oven to 450 degrees. In a large bowl, toss the broccoli with the olive oil, garlic, ginger, sea salt and crushed red pepper.
2. Spread the broccoli on a rimmed baking sheet and roast in the oven for about 20 minutes, stirring occasionally, until crisp tender.

3. Serve with lemon wedges.