



*Simple,
Seasonal,
Sustainable*

Recipe of the Week

Lemon Thyme Roasted Broccoli

Ingredients:

- 4 cups broccoli florets
- 1 cup chopped leek
- 4 whole garlic cloves
- zest and juice of 1 lemon
- cooking spray oil
- 1 tablespoon fresh thyme, minced
- salt and pepper
- ¼ cup grated parmesan

Directions:

1. Preheat oven to 375F.
2. Spread broccoli, leek and garlic into a single layer on a lined baking pan.
3. Squeeze lemon juice over vegetables and lightly mist with oil.
4. Sprinkle lemon zest, thyme, salt and pepper (to taste), and parmesan over veggies.
5. Bake for 30-45 minutes, tossing the vegetables halfway and keeping an eye on them so they don't burn! The dish is done when the vegetables are tender and golden brown.

Serves 4

Nutrition: 65 calories, 1.5 g fat, 8 g carbohydrate, 3.5 g fiber, 5 g protein

*Source: Food & Nutrition Magazine,
Academy of Nutrition and Dietetics*



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