

Roasted Broccoli with Almonds and Parmesan

Broccoli is known for being the food that no one at the dinner table wants. For instance, the first President Bush forbade its use in the White House kitchen. “I do not like broccoli, and I haven’t liked it since I was a little kid and my mother made me eat it,” he said famously.

But this recipe is so tasty it could convert even the staunchest broccoli detractor. Not only is this dish easy to make, it is also highly nutritious. Broccoli is an excellent source of vitamin C, vitamin K, and folate.

Tips on Selecting and Storing Broccoli

When buying broccoli, choose heads that have firm and compact florets. (Florets are the small flowers that make up the broccoli head.) Avoid broccoli with florets that are yellowing, or broccoli with blossoming flowers. Store broccoli in a plastic bag in the refrigerator. Remember not to wash or cut broccoli until you are ready to use it, as this can cause faster spoilage and deplete its vitamin C content.

Sarah Crow, DO

Roasted Broccoli Recipe

This scrumptious recipe was recommended by Sarah Crow, DO, a family medicine specialist who sees Group Health patients in Spokane. This dish serves four, and is quick and easy to cook.

- **Prep time:** 5 minutes
- **Cook time:** 20 minutes
- **Total time:** 25 minutes
- **Servings:** 4

Ingredients:

- 2 pounds broccoli
- 3 tablespoons olive oil
- 3 garlic cloves, sliced
- 1 tablespoon lemon juice
- 2 tablespoons sliced almonds, toasted
- ¼ cup Parmesan cheese
- Salt
- Pepper

Preparation:

1. Cut broccoli to desired size.
2. Toss with olive oil in a baking dish and season with salt and pepper.
3. Roast at 425° for 20 minutes.
4. Add sliced garlic about 5 minutes before it’s finished roasting.
5. Remove broccoli from the oven and toss with lemon juice, almonds, and Parmesan cheese.
6. Enjoy!

Please review our business at: [Yelp](#) [City Search](#) [Angie's List](#)

Did you know you can work out and exercise with a trainer at your home, office, hotel room or pretty much anywhere in the world with online personal training?

[Sign-up](#) for a free consultation with me today.

[Click Here](#) to sign-up for our e-mail list so can receive all of our articles & download your free copy of our Dietary Information e-book.

View our books on Amazon by [Clicking Here](#). Learn how to get a free audio book with all of the key fitness and nutrition principles [here](#).

[Like us on Facebook](#)/[Connect with us on LinkedIn](#)/[Follow us on Twitter](#)
[Pinterest](#)/[Instagram](#)/[YouTube](#)

**(Hold down the Ctrl key & click the underlined words or logos)
Make sure to forward to friends and followers!**