

Garlic Roasted Broccoli

A delicious and healthy main dish featuring roasted broccoli with a flavorful garlic seasoning.



Main Dish

25 min

Total time

Easy

Difficulty

120

kcal / serving

Ingredients

- 1 cup broccoli florets
- 1 tablespoon olive oil
- 2 cloves garlic, minced
- Salt and pepper, to taste

Steps

- 1 Preheat the oven to 400°F (200°C).
- 2 In a mixing bowl, toss the broccoli florets with olive oil, minced garlic, salt, and pepper.
- 3 Spread the seasoned broccoli on a baking sheet in a single layer.
- 4 Roast in the preheated oven for 15-20 minutes, or until the broccoli is tender and slightly crispy.
- 5 Serve hot as a main dish or as a side dish with your favorite protein.