

Crumbled and Roasted Broccoli

Adapted from an asparagus recipe from Marie at A Year from Oak Cottage

Internet Address:



1 pound broccoli

3 tablespoons mayonnaise

1/2 cup panko, or dry seasoned bread crumbs

1/2 cup Parmigiano-Reggiano Cheese, finely
grated

Carolyn T's Blog - Tasting Spoons:
<http://tastingspoons.com>

Servings: 4

1. Pre-heat the oven to 410°F. If your oven won't go to that exact temp, just use 400°. Lightly spray a shallow baking tray with some cooking spray or line sheet with silicone pad (Silpat) and set aside.
2. Wash broccoli and dry it as well as you can. Cut and divide the broccoli into serving-sized spears.
3. Combine the dry bread crumbs and the cheese in a shallow dish and set aside.
4. Rub each broccoli with the mayonnaise, coating the stem and head thinly but thoroughly. Then carefully sprinkle the bread crumb mixture to coat. Place on the prepared baking sheet. Repeat with the remaining spears.
5. Bake for 20-25 minutes (depends on the size of the broccoli), until the crumbs are nicely browned and the the broccoli stem is crispy tender. Use a thin knife to test the stem. Serve. These get cold quickly, so serve immediately

Per Serving (excluding unknown items): 237 Calories; 17g Fat (61.6% calories from fat); 14g Protein; 10g Carbohydrate; 2g Dietary Fiber; 24mg Cholesterol; 99mg Sodium. Exchanges: 1/2 Grain(Starch); 1/2 Vegetable; 1 Fat.