

## Easy Pan-Roasted Broccoli with Parm

Adapted slightly from an Ina Garten recipe



### Servings: 6

1. Heat the oven to 425° F.
2. Cut the broccoli into florets, leaving an inch or two of stalk attached to the florets discarding the rest of the stalks. Cut the larger pieces through the base of the head with a small knife, pulling the florets apart.
3. Place the broccoli florets on a sheet pan large enough to hold them in a single layer. Toss the garlic on the broccoli and drizzle with 2 tablespoons EVOO, then sprinkle with the salt and pepper.
4. Roast for 18-20 minutes, until crisp-tender and the tips of some of the florets are browned. Remove the broccoli from the oven add lemon zest, lemon juice, pine nuts, and Parmesan. Return to the oven for 2-3 minutes until cheese is melted. Sprinkle wop with basil. Serve hot.

2 pounds broccoli heads

4 garlic cloves, peeled and thinly sliced

EVOO

1 1/2 teaspoons kosher salt

1/2 teaspoon freshly ground black pepper

2 teaspoons lemon zest, some grated, some in threads

2 tablespoons fresh lemon juice

3 tablespoons pine nuts, toasted

1/3 cup Parmigiano-Reggiano cheese, not shreds, but finely grated

2 tablespoons fresh basil, julienned

*Per Serving (excluding unknown items): 136*

*Calories; 7g Fat (40.9% calories from fat);*

*10g Protein; 12g Carbohydrate; 4g Dietary*

*Fiber; 9mg Cholesterol; 783mg Sodium; 3g*

*Total Sugars; trace Vitamin D; 234mg*

*Calcium; 2mg Iron; 534mg Potassium;*

*219mg Phosphorus. Exchanges: .*

**Carolyn T's Blog: [tastingspoons.com](http://tastingspoons.com)**