

Kizingo EATS: oven roasted broccoli



Not only does roasting vegetables bring out their natural sweetness, making them irresistible (trust us on this one), preparing vegetables - or any food for that matter - in a different way than is typical in your house can entice reluctant eaters. Plus, this really couldn't be easier.

Cut, drizzle, bake, and forget. What's not to love.

ingredients

serves 4 (or one, if you're me)

1 - 1/2 lb broccoli, with the stem
extra virgin olive oil
kosher salt
freshly ground black pepper

(yes, it really is that simple.)

directions

Pre-heat the oven to 475° F.

Peel the outer layer of the thick broccoli stem. Slice the broccoli from the florets down through the stem, working to keep as much of the florets in tact as possible.

Toss with olive oil, at least 3-4 Tbs and sprinkle with a healthy pinch of salt and freshly ground pepper.

Spread on baking sheet and roast for 15 minutes. Toss, and roast for 15 minutes more. Or until it's covered in lots of crusty, blackened bits. Those are the best parts.

optional (additional) toppings: garlic, red pepper flakes, lemon zest, or parmesan cheese ... but maybe not all at the same time :)



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