



Cooking *in the* Kitchen at Olums

Molly Morgan RD, CDN, CSSD
*Cooking Delicious Recipes
that are Easy & Nutritious!*
Olums.com

Crispy Garlic Broccoli

Yields 4 servings

Ingredients:

- 6 cups broccoli florets, fresh chopped or frozen
- ½ cup shredded Parmesan cheese
- 1 Tbsp. garlic powder
- 3 cloves garlic, peeled and minced
- ¼ cup extra-virgin olive oil
- ½ cup whole wheat panko bread crumbs

Directions:

1. Preheat the oven to 425° F.
2. On a baking sheet, spread the broccoli florets. Then add the Parmesan cheese, garlic powder, garlic, olive oil and bread crumbs. Toss to combine.
3. Roast at 425°F for 15-20 minutes or until the broccoli is tender and crispy.

ALL RIGHTS RESERVED © 2019 Molly Morgan