Recipe for

SPICY ROASTED BROCCOLI

EQUIPMENT NEEDED Cutting board, chef's knife, pan with lid, wooden spoon.

SERVES 4 ESTIMATED COST $6.00 COST PER SERVING $1.50

INGREDIENTS

- 2 tbsp. cooking oil (e.g. olive, canola)
- 4 crowns broccoli or 2 bags frozen broccoli
- 2 cloves garlic
- 1 tsp red pepper flakes
- 1 tsp sea salt

METHOD OF PREPARATION

1. Smash garlic cloves and chop. Set aside for 10 minutes. (This allows a beneficial compound, *allicin*, to activate)
2. Cut the broccoli florets from the stalks, leaving 1 inch of stalk on each floret. Separate florets.
3. Warm oil in pan over medium heat.
4. Place broccoli florets in the pan and evenly distribute red pepper flakes and sea salt.
5. Stir the broccoli to coat in olive oil and add more if needed.
6. Cover pan with lid for 7 minutes.
7. Uncover pan and add garlic, mixing well.
8. Cook broccoli, stirring occasionally, uncovered until a fork can easily pierce the stalks and edges are toasted. Enjoy!

Maryland University of Integrative Health

7750 Montpelier Rd.
Laurel, MD 20723
410-888-9048 I outreach@muih.edu
www.muih.edu

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NUTRITION INFORMATION

Spicy Roasted Broccoli

Nutrition Facts

Serving Size	1 Serving
Amount Per Serving	
Calories	**114.8**
	% Daily Value*
Total Fat	7.4 g 9 %
Saturated Fat	1.1 g 6 %
Trans Fat	0 g
Cholesterol	0 mg 0 %
Sodium	636.6 mg 28 %
Total Carbohydrate	10.8 g 4 %
Dietary Fiber	4 g 14 %
Total Sugars	2.8 g
Added Sugars	0 g 0 %
Protein	4.4 g
Vitamin D	0 mcg 0 %
Calcium	75.7 mg 6 %
Iron	1.2 mg 7 %
Potassium	489.2 mg 10 %

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Full Info at cronometer.com </>

HEALTH BENEFITS

Broccoli is a member of the cruciferous plant family which contains compounds linked to cancer prevention. It is also high in fiber, which supports the digestive system and regulates blood sugar.

HEALTH BENEFITS

Garlic contains an anti-inflammatory compound called allicin. The garlic must be crushed and kept away from heat for 10 minutes for the compound to activate.





References:

1.Recipe provided by Gabrielle La Chapelle

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