



Roasted Garlic Lemon Broccoli



Ingredients

- 6 cups broccoli florets, fresh or frozen
- 3 Tablespoons avocado oil, butter, or any neutral oil
- 3 garlic cloves, minced
- 1/2 teaspoon salt
- 1 teaspoon red pepper flakes
- 1 Tablespoon lemon juice

Directions

1. Preheat oven to 425 degrees.
2. Cut any larger broccoli florets in half to make sure all of the broccoli is roughly the same size.
3. Place the broccoli in a mixing bowl.
4. Add in the oil, salt, black pepper, garlic, lemon juice, and red pepper flakes.
5. Toss until the broccoli is well coated in the oil and seasonings.
6. Transfer the broccoli to a large sheet pan and bake for 15-20 minutes, flipping halfway through.
The broccoli should be tender and a little browned around the edges.
7. Give the broccoli a taste halfway through to see if it needs more salt, pepper, or garlic and make any adjustments. If using frozen broccoli cook for 30-40 mins
8. Serve immediately and enjoy!