



ROASTED BROCCOLINI WITH BALSAMIC VINEGAR

Basic Lifestyle

Ingredients

2 bunches (about 8 oz. each) broccolini
1 TBS olive oil
pinch of kosher salt, to taste
1 TBS balsamic vinegar

Instructions

1. Preheat the oven to 450°.
2. Trim the stem ends of the broccolini and spread the spears on a baking sheet. Brush them with olive oil (especially the flowering part) and sprinkle with the salt.
3. Roast the broccolini on the top rack of the oven until the stems become tender when pierced with a knife, about 10 minutes.
4. Toss the broccolini with the balsamic vinegar and serve.

Portion-Per-Serving Information: (Yields 6 servings)

Serving = ½ cup cooked or 2 cooked spears = 1 V