



Parmesan Roasted Broccoli with Balsamic Drizzle

Basic Lifestyle

INGREDIENTS

- 1 pound (16 oz) broccoli florets, cut into bite-sized pieces (from 2 pounds or about 1 ½ bunches of broccoli)
- 2 TBS extra-virgin olive oil
- ½ cup grated Parmesan cheese
- 1 to 2 TBS thick balsamic vinegar*
- Lemon zest from ½ to 1 lemon
- Pinch of red pepper flakes
- Pinch of flaky sea salt or kosher salt

*Note: For vinegar to stick to broccoli, use a high-quality, thick balsamic vinegar.

INSTRUCTIONS

—Preheat oven to 400 degrees. Line a large, rimmed baking sheet with parchment paper so you don't end up with cheese stuck to your pan.

—On the prepared baking sheet, toss broccoli with oil until all florets are lightly coated. Arrange them in an even layer across the pan, then sprinkle pinch of salt on top.

—Bake for 15 minutes, then remove the pan from the oven. Toss the broccoli with a spatula and arrange it in an even layer across the pan again. Sprinkle the Parmesan over the broccoli, then return the pan to the oven. Bake for 10 more minutes, or until the florets are turning deeply golden on the edges and the Parmesan is golden and bubbly.

—Drizzle balsamic lightly over broccoli and grate lemon zest on top, to taste. Sprinkle a pinch of red pepper flakes and flaky salt. This side dish is best served warm, but you can store leftovers in the refrigerator for several days. Gently reheat in the microwave before serving.

SERVING INFO: (Serves 4) 1 cup cooked = 2 V, ½ M

See photo of recipe at [Instagram](#) and [Facebook](#).