



## FEDERAL OCCUPATIONAL HEALTH

Improving the health, safety, and productivity of our Federal employees.



### Parmesan Broccoli\*

#### Recipe Summary:

Preparation/Cook Time: 25 minutes

Number of Servings: 4

Cups of Fruits and Vegetables Per Person: not given

#### Ingredients:

1 head broccoli, chopped

Salt

Pepper

Garlic, sliced

Olive Oil

Breadcrumbs

Parmesan

#### Directions:

Preheat a baking sheet in the oven at 450 degrees. Blanch the broccoli in boiling water with salt and sliced garlic for 1 minute; drain. Toss with a splash of olive oil and a handful each of breadcrumbs, parmesan, salt and pepper. Place on the hot baking sheet and top with more cheese and breadcrumbs. Roast until golden, approximately 15 minutes.

\* Original recipe

#### Nutritionist Notes:

- Depending on amounts of olive oil, breadcrumbs, and Parmesan cheese, this may be high in fat and saturated fat.

#### To make healthier:

- Limit olive oil to 1-2 tsp
- Limit parmesan cheese to 1 Tbsp
- Limit breadcrumbs to ¼ to 1/8 cup