

Lemony Roasted Broccoli With Pine Nuts

Ingredients:

- 2 heads of broccoli, chopped into florets
- 1 lemon
- 1 tablespoon plus 1 teaspoon olive oil
- 1 clove garlic, minced
- ¼ cup pine nuts
- 1 teaspoon lemon zest
- 1 teaspoon red pepper flakes
- Salt and pepper to taste

Directions:

1. Preheat oven to 400°F.
2. Line a sheet pan with parchment paper or foil, spread out broccoli florets and drizzle with 1 tablespoon olive oil. Add 2 halves of lemon. Roast for 25 minutes.
3. While broccoli is roasting, Heat a saucepan on low heat. Add one teaspoon olive oil.
4. Add garlic and sauté for 2 minutes until fragrant.
5. Add pine nuts. Cook for about 2 minutes, stirring constantly, until they start to turn slightly golden brown. Remove from heat.
6. In a large mixing bowl, mix broccoli with garlic and pine nuts. Squeeze lemon to juice and combine well.
7. Top with lemon zest and red pepper flakes. Add a dash of salt and pepper to taste.

Nutrition Facts	
Serving Size (71g)	
Servings Per Container 6	
Amount Per Serving	
Calories 70	Calories from Fat 50
% Daily Value*	
Total Fat 6g	9%
Saturated Fat 0.5g	3%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 15mg	1%
Total Carbohydrate 5g	2%
Dietary Fiber 2g	8%
Sugars 1g	
Protein 2g	
Vitamin A 35%	• Vitamin C 90%
Calcium 4%	• Iron 4%
<small>*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:</small>	
Calories:	2,000 2,500
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

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Source: Old Ways

