

Roasted Broccoli

INGREDIENTS:

- 1 Large head of broccoli, washed, stemmed, and broken into 1 inch pieces.
- Coconut oil.
- Kosher salt and fresh ground pepper to taste.

PREPARATION:

Preheat oven to 425 degrees. Prepare broccoli as above; reserve stems for another use, or peel and cut into 1 inch chunks. Toss broccoli with oil, sprinkle with salt and pepper, and place in oven. Roast for 18-20 minutes, turning at approximately 10 minutes.

NOTES FROM THE COOK: