



A RED SOX FOUNDATION AND
MASSACHUSETTS GENERAL HOSPITAL PROGRAM



Oven Roasted Broccoli

Serves 6

Ingredients:

3 heads broccoli (broken into bite-sized florets)
¼ cup olive oil
4 cloves garlic (minced or thinly slices)
½ tsp salt
¼ tsp ground black pepper
Optional: ¼ cup grated Parmesan cheese, 1 TBSP lemon juice



Directions:

1. Preheat oven to 350 degrees F. Line roasting pan with aluminum foil, parchment, or baking sheet.
2. In a medium bowl, toss all ingredients until the broccoli is well coated.
3. Transfer broccoli mixture to roasting pan. Arrange in a single layer on baking sheet. Bake for 15-20 minutes, or until the broccoli is beginning to turn golden brown and tender.

Nutrition Tips:

1. Broccoli is considered a cruciferous vegetable, as are brussels sprouts, collard greens, kale, cauliflower, and radishes. These vegetables are packed with dietary benefits such as detoxifying enzymes. Aim to consume 1-2 servings of these vegetables every day.
2. Broccoli is rich in water-soluble vitamins, including vitamin C and B vitamins, which the body can easily absorb.
3. Cooking food with water can deplete the item of some water-soluble vitamins, so eating it raw or roasting as a water-free cooking method can help maintain more nutrients.

Source:

Nicolette Maggiolo is the Registered Dietitian for Home Base, a Red Sox Foundation and Massachusetts General Hospital Program, where she provides individual and group nutrition counseling to veterans and their families. Originally from New York, Nicolette brings her love of cooking, fitness and an integrative approach as she supports patients with individualized nutrition plans.