

Warm Roasted Broccoli Salad with Walnuts

Makes 4 servings

Ingredients

- 2 teaspoons canola oil
- 2 pounds fresh broccoli, stems removed and cut into small florets
- 6 cloves garlic, minced
- ¼ cup chopped walnuts
- ¼ cup shredded parmesan cheese
- 1 ½ tablespoons fresh lemon juice

Directions

1. Preheat oven to 425 F. Line a baking sheet with aluminum foil or parchment paper. Set aside.
2. In a large zip-close bag, combine oil, broccoli and garlic. Shake the bag until the broccoli is well-coated.
3. Pour the broccoli onto the prepared baking sheet and spread out evenly.
4. Bake on the middle rack of the oven for 15 to 25 minutes until broccoli is tender. Stir once about halfway through the cook time.
5. The broccoli may have a few darker spots but be careful not to burn it.

(directions continued on back)



SIDE DISH



Directions (continued)

6. While broccoli is in the oven, heat chopped walnuts in a small, dry skillet over medium heat. Cook for 5 minutes or until walnuts are lightly toasted.
7. Remove broccoli from oven and cool for 5 minutes. Sprinkle broccoli with walnuts and cheese. Stir. Squeeze lemon juice over the top. Serve warm.

♥ = heart smart = low sodium = gluten free

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Nutrition Facts

Serving Size 1 cup (253g)
Servings Per Container 4

Amount Per Serving

Calories 160 **Calories from Fat 80**

% Daily Value*

Total Fat 9g **14%**

Saturated Fat 2g **10%**

Trans Fat 0g

Cholesterol 5mg **2%**

Sodium 160mg **7%**

Total Carbohydrate 15g **5%**

Dietary Fiber 7g **28%**

Sugars 0g

Protein 10g

Vitamin A 140% • Vitamin C 360%

Calcium 20% • Iron 15%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

Calories: 2,000 2,500

Total Fat Less than 65g 80g

Saturated Fat Less than 25g 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

Recipe contains: milk, nuts
Carb choices per serving: 1