

Keto Lemon And Garlic Roasted Broccoli

Description

Very tasty and yummy recipe. You will request for more.

Prep time: Five minutes

Cook time: Ten minutes

Total time: Fifteen minutes

Servings: 4

Ingredients

2 large broccolis (21.1 oz)

1/4 cup of extra virgin olive oil (1.9 oz)

2 cloves of garlic, minced

2 tablespoons of fresh lemon juice

1/2 teaspoon of salt

If desired: 1 teaspoon of dried Italian herbs (basil, oregano, and thyme)

Instructions

1. First, preheat the oven to about 450 degrees F, then wash the broccoli properly and chop into florets. Combine the garlic with the extra virgin olive oil.
2. Pour the broccoli florets into a baking dish and toss with the garlic-olive oil mixture. Then squeeze some lemon juice over the broccoli and add in salt to season.
3. Transfer the baking dish into the oven and bake for about fifteen minutes. Serve when ready.