

Recipe for

ROASTED BROCCOLI WITH CREAMY SAUCE

EQUIPMENT NEEDED cutting board, knife, baking sheet,
small mixing bowl, mixing spoon

SERVES 2 ESTIMATED COST \$4.35 COST PER SERVING \$2.18

INGREDIENTS

- 1 large broccoli crown, chopped into 1-in pieces
- 1 tbsp olive oil
- 1 tsp salt, divided
- ground pepper, to taste
- 1/4 cup plain Greek yogurt
- 2 tbsp lemon juice
- 1/2 tsp garlic powder
- 1/4 tsp crushed red pepper flakes, optional
- 1 tbsp water, or more as needed (optional)

METHOD OF PREPARATION

1. Pre-heat oven to 400°F. Line a baking sheet with parchment paper.
2. Place broccoli on baking sheet. Drizzle 1 tablespoon of olive oil and season with ½ tsp salt and pepper. Toss broccoli to coat. Spread broccoli evenly in a single layer making sure not to overlap them. Use additional baking sheets if needed.
3. Roast for 12-18 minutes or until desired browning. Flip broccoli halfway through to ensure even cooking.
4. Meanwhile, in a small mixing bowl combine tahini yogurt, lemon juice, garlic powder, red pepper flakes, and ½ tsp salt. Mix well. For a thinner sauce, add water, one tablespoon at a time, and stir until mixture becomes the desired consistency.
5. Remove broccoli from oven and place in a serving dish. Drizzle with the creamy mixture. Enjoy!

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NUTRITION INFORMATION

Roasted Broccoli with Creamy Sauce		
Nutrition Facts		
Serving Size: 1 Serving		
Amount Per Serving	% Daily Value*	
Calories	190 kcal	9 %
Total Fat	8.1 g	12 %
Saturated Fat	1.3 g	7 %
Trans Fat	0 g	
Cholesterol	1.5 mg	1 %
Sodium	1282.2 mg	53 %
Total Carbohydrate	23.7 g	8 %
Dietary Fiber	8.1 g	32 %
Sugars	6.9 g	
Protein	11.9 g	24 %
Vitamin A	7 %	Vitamin C 467 %
Calcium	18 %	Iron 13 %

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

HEALTH BENEFITS

Lemon - packed with Vitamin C which may help reduce the risk of stroke and heart disease. Also, the citric acid may help prevent the formation of kidney stones.

HEALTH BENEFITS

Broccoli - great cruciferous veggie loaded with compounds that may help prevent certain cancers and reduce inflammation. It also contains the antioxidant, sulforaphane, which may help maintain blood sugar and reduce symptoms of osteoarthritis.



References:

1. Recipe provided by Reanetta Perkins

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