Roasted Sesame Broccoli

Ingredients

- 1.5 cups broccoli florets (fresh or frozen)
- 1 Tablespoon oil (olive, vegetable, or canola)
- ¼ Tablespoon sesame oil
- ½ teaspoon ground ginger
- ½ Tablespoon sesame seeds
- 1 Tablespoon soy sauce

Procedure

1. Wash hands with soap and warm water for 20 sec.
2. Preheat oven to 425°F. Cover a sheet pan with parchment paper.
3. In a small bowl, whisk together olive oil, ginger, sesame seeds and soy sauce.
4. Add broccoli to bowl and toss with dressing to coat.
5. Spread Broccoli in one layer onto baking sheet and bake for 20 minutes
6. Serve & enjoy!
7. Store leftovers in air-tight container in the refrigerator for up to 4 days.

Recipe Notes:
An easy way to check if the broccoli is done: using a fork, pierce the broccoli stem. If you like crunchier vegetables, cook until it is somewhat easy to pierce stem. If you like more tender broccoli, cook until stem is easily pierced with fork. Pair this with your favorite whole grain and a protein source for a tasty and filling meal.

SERVINGS: 2
COST PER SERVING: $0.72