



Loaded Broccoli

Loaded broccoli is the perfect hearty, flavorful baked side dish. It's a great substitute for when you'd normally make a baked potato. We love it with chicken or steak off the grill or oven! It's one of those sides that can be prepped in advance and then put in the oven when you're ready to start dinner.

Recipe:

2 Cups Cooked Broccoli
(add 15 minutes in the oven if using raw)
3/4 Cup shredded Cheddar Cheese
3 Slices Bacon, cooked and in pieces
2 Tablespoons Chives, diced
1/2 Cup diced Tomatoes
Salt and Pepper to taste

Layer into an oven safe bowl

Bake at 350 for 15 minutes



Serves 4

Macros: Calories 107, Fat 7g, Carbs 5g, Fiber 1g, (Net Carbs 4) Protein 7g

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