



Roasted Broccoli

Roasted Broccoli is so easy to make and it's the perfect side dish for any meal. Add some butter and seasoning to taste and enjoy bake until the broccoli florets are crisp on the edges!

Recipe:

4 Cups Broccoli Florets
Olive Oil, Avocado Oil, or Butter
Garlic Salt (We use Kinder's Garlic Salt)

Cut broccoli into even sized florets, add to any baking dish and toss with oil and garlic salt.

We prefer when the broccoli isn't "crowded" in the pan. If they're not overlapping, they crisp up a little more!

Bake at 400 Degrees for 15-20 minutes or until the edges start turning brown.



The Keto Dad Tips and Tricks:

- You can use cauliflower too!
- Prep ahead of time by washing and cutting broccoli
- It's easy to mix up the seasonings - use any you'd like! Just check the ingredients for hidden sugars.
- More options! Check out our cheesy [Broccoli](#) recipe

Serving Size 1 Cup (measured before baked), makes 4 servings

Macros calculated with 4 cups broccoli, 2 TBSP Butter

Macros: Calories: 81, Fat: 6g , Carbs: 6g (4 net carbs) , Fiber: 2g, Protein: 3g

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