



Mediterranean Roasted Broccolini

Prep: 15 minutes

Roast: 20 minutes • Serves: 4

- 1¼ pounds broccolini
- 4 garlic cloves, thinly sliced diagonally
- 1 small lemon, thinly sliced
- 1½ tablespoons olive oil
- ¼ teaspoon salt
- ½ cup reduced fat crumbled feta cheese
- 2 tablespoons chopped fresh basil leaves
- 1 teaspoon crushed red pepper (optional)

1. Preheat oven to 400°F. Heat large covered saucepot of water to boiling over high heat; add broccolini and cook 2 minutes. With tongs, transfer broccolini to bowl with ice water. Once cool, drain broccolini and pat dry.

2. In large bowl, toss broccolini, garlic, lemon, oil and salt; spread in single layer on rimmed baking pan. Roast broccolini 20 minutes or just until tender-crisp.

3. Sprinkle broccolini with cheese, basil and red pepper, if desired. Serve immediately.

Approximate nutritional values per serving:

*126 Calories, 7g Fat (2g Saturated), 5mg Cholesterol,
335mg Sodium, 12g Carbohydrates, 4g Fiber, 7g Protein*