



Lemon-Parmesan Broccoli

Prep: 5 minutes | Cook: 10 minutes | Total: 15 minutes

Yield: 4 servings | Serving Size: 1 cup

Ingredients

- 2 tablespoons olive oil, divided
- 4 cups broccoli florets (about 1 pound)
- ½ cup water
- 3-6 cloves garlic, minced (about 1 tablespoon)
- 1 teaspoon lemon juice
- 3 tablespoons grated or shredded parmesan cheese
- ¼-½ teaspoon ground black pepper, to taste

Directions

1. Heat a medium skillet or sauté pan over medium heat.
2. Add the oil and heat until shimmering.
3. Place the broccoli in the pan and sauté until bright green, about 3-4 minutes.
4. Add the water and sauté until fork-tender, about 3-5 minutes.
5. Add the garlic and cook until fragrant, about 30-60 seconds.
6. Remove the pan from the heat.
7. Add the lemon juice, parmesan, and black pepper to the broccoli. Toss to combine.
8. Serve warm.

Recipe Notes

- If you don't have fresh garlic on hand, try using ¼ teaspoon garlic

Nutrition Facts Per Serving: Calories: 145 | Total Fat: 11 g | Saturated Fat: 4 g
Sodium: 250 mg | Total Carbohydrate: 5 g | Dietary Fiber: 3 g | Protein: 7 g

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