

Broccoli Parmesan

- 1 bunch fresh broccoli or 1 (16 ounces) package frozen broccoli florets
- 1 clove garlic
- 1 teaspoon olive or vegetable oil
- $\frac{1}{8}$ teaspoon red pepper flakes
- $\frac{1}{4}$ teaspoon pepper
- 1 teaspoon parmesan cheese

Makes 8 portions, $\frac{1}{2}$ cup each

Per portion

Calories:	24
Carbohydrate:	3 grams
Protein:	1 gram
Fat:	1 gram
Saturated fat:	0
Cholesterol:	0
Sodium:	0
Dietary fiber:	1 gram

-
1. Trim broccoli and cut into florets if using fresh.
 2. Boil water, add broccoli and cook until tender, about 5 minutes; drain.
 3. Mince garlic. Heat olive oil over low heat. Add minced garlic and cook until golden, stirring constantly.
 4. Add broccoli, red pepper flakes, and pepper. Cook until broccoli is heated through. Sprinkle with grated parmesan cheese.