



The secret to being a good cook is to use great ingredients. The secret to being a great cook is to use your ingredients with love. MH

ROASTED BROCCOLI

Serves 4-6

Preheat oven 425*f

1 large head of broccoli
3 tablespoons olive oil
Sea salt and freshly ground black pepper, to taste
½ cup old cheddar, shredded

THE STEPS:

- Cut the stem end off of the broccoli
- Using a vegetable peeler, remove the tough outer skin of the broccoli stem.
- Slice the stem into ½ inch chunks.
- Separate the florets into mouthfuls.
- Spread onto a parchment lined baking sheet.
- Sprinkle with olive oil, sea salt and freshly ground pepper.
- Bake for 15 minutes, flip each piece over, and bake for 10 more minutes.
- Remove from oven and sprinkle with shredded cheddar.
- Serve immediately.

THE LOVE: You'll notice that I haven't washed the broccoli. I feel no germ will survive 20 minutes in a 425°F oven. However, if you're not comfortable with that, by all means, wash your broccoli. Be sure to dry it thoroughly or this recipe won't be as good - *which is another reason I skip the water!*