



Spicy Roasted Broccoli with Sunflower Seeds

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Ingredients ½ lbs. broccoli, cut into long spears ¼ cup olive oil ½ tsp. salt 1 tsp. crushed, dried red pepper flakes (use less or more according to personal preference) ½ cup roasted, salted sunflower seeds

Preparation

Preheat oven to 450 degrees F. Combine broccoli, olive oil, salt and pepper flakes, and toss to coat spears evenly.

Heat a large, rimmed baking sheet until it's very hot; about four minutes. Remove from oven and spread broccoli mixture evenly over the pan. Return to oven and roast broccoli for approximately 12 to 15 minutes or until broccoli is tender and browned in spots. Stir once or twice during roasting, being careful to return broccoli to an even layer on the pan.

Remove from oven, toss with sunflower seeds and serve. Serves 6.