Simple Roasted Broccoli/Cauliflower/Romanesco

Makes 3-4 servings

From Buppert’s Farm

1 head broccoli (~1 – 1 ½ lbs)

drizzle of olive oil

coarse salt

1. Cut broccoli florets off the stalk. Thickly slice the stalk until it gets tough, at that point, you can peel it and slice the inside.
2. Place broccoli in a bowl
3. Drizzle olive oil over the broccoli – enough to coat the broccoli but not be pooling in the bottom of the bowl
4. Sprinkle coarse salt over the broccoli
5. Mix thoroughly until the broccoli is fully coated in a very thin layer of olive oil
6. Set aside and preheat oven to 400**°** F. When oven is preheated, spread broccoli out in a single layer on a baking sheet.
7. Roast for about 7 minutes
8. Turn the broccoli over and roast for another 5-7 minutes, until tender but not burnt.

Variation-especially good for broccoli:

* Shred fresh ginger over broccoli while in the bowl, before you mix it and drizzle soy or tamari sauce over it in place of the salt. Mix well.