

PARMESAN ROASTED BROCCOLI

6 servings



Ingredients:

4 to 5 pounds broccoli

4 garlic cloves

Olive oil

1 ½ teaspoons salt ½ teaspoon black pepper

2 tablespoons fresh squeezed lemon juice

1/3 cup grated parmesan cheese

Directions:

1. Pre-heat oven to 425 degrees.
2. Place broccoli florets on a sheet pan in a single layer.
3. Toss garlic on the broccoli and drizzle with 5 tablespoons olive oil.
4. Sprinkle with salt and pepper.
5. Roast for 20-25 minutes, until crisp & tender.
6. Remove broccoli from oven and toss with 1 ½ tablespoons olive oil, lemon juice, and parmesan.
7. Serve immediately.

Broccoli Salad

Serves 4

Ingredients:

5-6 cups Broccoli, chopped

1 ¼ cup Blueberries

1 cup Carrots, Shredded

1/3 cup Red onion-diced

½ cup finely chopped Fresh cilantro

¼ cup finely chopped parsley

½ cup Dried apricots, chopped

½ cup toasted sliced almonds

¼ cup roasted sunflower seeds

Dressing:

3 tablespoons tahini

½ lemon, juiced

2-3 tablespoons warm water to thin dressing

½ tablespoon maple syrup

1 garlic clove, minced

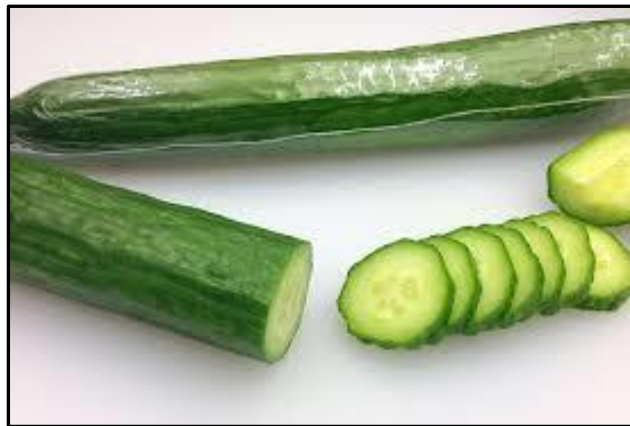
Salt and Pepper to taste



Facts about an English Cucumber:

- The English cucumber is long, thin, and straight.
- It is generally sweeter than the regular, common cucumber which has many [large seeds](#), contributing to their [bitter flavor](#).
- The skin is thinner than a slicing cucumber and does not need to be peeled.

Store the English cucumber in its plastic wrapping in the refrigerator. It should stay fresh for about 1 week. [Click to learn more about English cucumbers.](#)



Special Diets:

1. If a special diet is needed, reserve your meals by contacting our Nutritionist, Amanda Carr at (562) 210-4421 or email at: acarr@nlmusd.k12.ca.us.
2. A Meal Accommodation Form must be on file and signed by a doctor. Lactaid is available at the school pickup site and soy milk may also be substituted for milk, but requires a parent note, per USDA regulations.
3. Special diets can only be picked up from the Central Kitchen, once a week, on Thursdays. The student will receive 7 breakfast and 7 lunch meals.
4. To limit food waste, if special meals were reserved and not picked up, they will no longer be prepared for your child.