

Roasted Frozen Broccoli

- 10 ounce bag of frozen broccoli florets
- olive oil spray
- salt
- pepper
- garlic powder
- onion powder
- Parmesan cheese, optional for topping

Directions

Step 1

Preheat the oven to 450 degrees F.

Step 2

Line a baking sheet with parchment paper.

Step 3

Arrange frozen broccoli florets in a single layer on the parchment paper.

Step 4

Coat the frozen broccoli with olive oil.

Step 5

Sprinkle on even amounts of salt, pepper, garlic powder, and onion powder over the tops of the broccoli.

Step 6

Roast for 15-20 minutes, or until broccoli is crisped to your liking.

Step 7

Remove from oven and sprinkle on parmesan cheese, if desired.