



HOW TO GRILL BROCCOLI



Serves: 4



Prep Time: 10 minutes
Cook Time: 10 minutes

INGREDIENTS

- 1 head Ocean Mist Farms broccoli, rinsed and cut into florets
- 1 Tbsp. olive oil
- Salt and pepper, to taste
- 1 lemon, halved
- Additional herbs of choice
- Sheet of aluminum foil or grill basket



PREHEAT

Grill over medium heat.



TOSS

Broccoli florets with olive oil and seasonings.



GRILL

On a sheet of aluminum foil or grill basket, turning frequently for 8-10 minutes.



REMOVE

From heat and add a squeeze of lemon juice.



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