Garlicky Roasted Broccoli with Chickpeas

Ingredients

- Broccoli florets, 1 large head
- Chickpeas, 1 can, drained and rinsed
- Garlic, 4 cloves, minced
- Olive oil, 2 tablespoons
- Lemon, 1 lemon, juice



Directions

- 1. Preheat and prepare: Preheat your oven to 400°F (200°C). Cut the broccoli into florets. Rinse and drain the chickpeas. Mince the garlic.
- 2. Toss and season: In a large bowl, toss the broccoli florets and chickpeas with the olive oil and minced garlic.
- 3. Roast: Spread the broccoli and chickpeas in a single layer on a baking sheet. Roast in the preheated oven for 20-25 minutes or until the broccoli is tender and the chickpeas are slightly crispy.
- 4. Finish: Squeeze the lemon juice over the roasted broccoli and chickpeas. Toss to combine.
- 5. Serve: Serve immediately.

Good Measures give you your own registered dietitian coach and a smart app to help you transform your eating habits and embrace a healthier lifestyle. Scan here or go to sonm.goodmeasures.com or call 888-320-1776.