



Flash-Roasted Broccoli with Spicy Crumbs

Servings: 6

Preparation Time: 15 minutes

Start to Finish Time: 30 minutes



The genius idea here is pulsing sliced pepperoni with bread crumbs to add a ton of extra flavor and a great crunch to broccoli.

2 ounces pepperoni, sliced

1 clove garlic, sliced

1 cup panko bread crumbs

1/4 cup extra-virgin olive oil, plus 2 tablespoons

2 pounds broccoli, whole (not florets), trimmed and cut into long spears

1 pinch salt

2 tablespoons Dijon mustard

Excellent method of elevating broccoli to a new level. Make sure that you use "long stalk" broccoli instead of florets. This makes a much nicer presentation and is easier to prepare and serve.

Preheat the oven to 425° F.

In a food processor (a mini food processor is fine), pulse the pepperoni with the garlic until finely chopped.

Add the panko and pulse just to combine.

In a medium skillet, heat 2 tablespoons of the olive oil. Add the crumb mixture and cook over moderate heat, stirring, until crisp and golden, about 5 minutes. Scrape onto a plate and let cool.

Meanwhile, in a bowl, toss the broccoli with the remaining 1/4 cup of olive oil and season with salt.

Spread the broccoli on a baking sheet and roast for about 18 minutes, turning once, until tender and browned in spots.

Spread the mustard on one side of the broccoli and press the broccoli into the crumbs.

Transfer the broccoli to a platter, sprinkle with any remaining crumbs and serve.

Per Serving (excluding unknown items): 253 Calories; 15g Fat (51.3% calories from fat); 9g Protein; 24g Carbohydrate; 5g Dietary Fiber; 9mg Cholesterol; 411mg Sodium; 4g Total Sugars; trace Vitamin D; 110mg Calcium; 2mg Iron; 549mg Potassium; 151mg Phosphorus. Exchanges: .