Broccoli with Bell Pepper and Parmesan Bake

Yield: 4-6 servings  
Total Time: 30 minutes

Ingredients
- 1½ pounds broccoli, florets separated from the stems, stems peeled and coarsely chopped  
- 2 Tablespoons olive oil or canola oil, divided  
- 1 red or green bell pepper, thinly sliced  
- 2 garlic cloves, minced  
- Optional: salt and pepper*  
- ¼ cup freshly grated Parmesan  
- 2 Tablespoons whole wheat breadcrumbs

Preparation Instructions
1. Preheat the oven to 400°F. Oil a 2-quart baking dish with 1 teaspoon oil.  
2. Steam broccoli florets and stems about 5 minutes until tender.  
3. Heat 1 tablespoon of oil over medium heat in a large, heavy skillet. Add the bell pepper and cook, stirring, until it softens, about 5 minutes.  
4. Add the garlic and cook just until it smells fragrant, about half a minute.  
5. Stir in the broccoli and toss so that the broccoli is coated with oil and garlic. Season with salt and pepper if desired. Remove mixture from the heat and arrange in the baking dish.  
6. Mix together the Parmesan and breadcrumbs and sprinkle over the top of the broccoli and peppers. Drizzle on the remaining 2 teaspoons oil.  
7. Place in the oven and bake 10 to 15 minutes until the Parmesan has melted and the mixture is sizzling and beginning to brown on the top. Serve warm.

Nutrition Analysis
Per serving: 160 calories; 9g fat (2g saturated, 0g trans); 5mg cholesterol; 125mg sodium*; 14g carbohydrate (6g dietary fiber; 2g sugar); 8g protein. Vitamin A 130%, Vitamin C 350%, Calcium 15%, Iron 10% Daily Value.

*One teaspoon of salt has 2300mg of sodium, which is more sodium than the daily upper limit recommendation for most Americans. The nutrition analysis assumes no salt has been added.

Cost  
Per serving: $0.95