

Reckless In The Kitchen

Roasted Chili-Garlic Broccoli

[Recipe from Cooking Light Magazine](#)

Ingredients:

- 6 cups broccoli florets
- 2 Tbsp sesame oil
- 2 tsp sambal oelek (ground fresh chile paste)*
- 3/8 tsp salt
- 1/8 tsp sugar
- 6 garlic cloves, minced

*This ingredient can easily be substituted with dried chili pepper flakes if desired.

Directions:

Place baking sheet in the oven and preheat to 450 degrees. Combine all ingredients except garlic in a mixing bowl so that all the broccoli is evenly coated.

When the oven is up to temperature carefully remove the baking sheet and spray with a non stick cooking spray. Place the broccoli onto the baking sheet and bake for 5 minutes; remove from oven. Add the garlic to pan and stir. Bake an additional 5 minutes or until broccoli is lightly browned.