



Parmesan Broccoli

2 tablespoons olive oil
2 tablespoons chopped garlic
2 teaspoons grated lemon rinds
4 cups fresh broccoli florets
1/2 cup water
1/2 cup grated parmesan cheese

In a large skillet, heat oil on high. Add garlic and lemon peel. Stir for 30 seconds. Add broccoli and toss to coat. Add water and cover. Cook for 5 minutes until broccoli is crisp-tender. Add cheese and toss to coat. Add salt and pepper to taste. Makes 8 servings.

Nutrition information per serving: 67 calories, 3 grams protein, 5 grams fat, 2 grams carbohydrate, 105 mg sodium.

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