

# RECIPE OF THE WEEK

## Air Fryer Broccoli

### Ingredients

- 12 oz fresh broccoli florets – cut/torn into roughly even, very-small pieces
- 2 tbsp. extra virgin olive oil

- 1/4 tsp. garlic powder
- 1/4 tsp. onion powder
- 1/8 tsp. kosher salt
- 1/8 tsp. freshly ground black pepper

**Optional garnishes:** fresh lemon slices, freshly grated parmesan cheese (For Maintenance)



### Preparation

1. Combine all ingredients in a bowl and toss well to fully incorporate seasonings into the broccoli florets
2. Pour 1 tbsp. water into the bottom of the Air-fryer pan as it helps prevent contents from smoking
3. Add broccoli mixture evenly into the air fryer basket
4. Set fryer to 400°F for 6 minutes
5. Once the timer goes off, immediately remove the basket
6. Optional: sprinkle with a dash of fresh lemon juice or freshly grated parmesan cheese (Maintenance only)
7. Serve and enjoy!

