Hero Vegetable: Broccoli

Roasted Garlic Broccoli Spread

Ingredients:
1 head broccoli, cut into florets
½ cup water
½ cup olive oil plus extra
2 small heads garlic, separated and peeled
½ a red bell pepper, cut into large pieces
¼ tsp white pepper
salt to taste

Directions:
Preheat your oven to 350F. Line a baking sheet with parchment paper. Place the garlic and red pepper on a baking sheet. Drizzle lightly with olive oil. Bake for about 10-15 minutes until golden brown.

Allow the garlic and peppers to cool for a couple minutes. Mince the red pepper. Set aside.

Place all the ingredients except for the red pepper in a food processor or blender. Sprinkle with salt and blend. Add more water and salt if needed. Place the broccoli spread in a container, spoon in the minced red pepper and top with any leftover olive oil. Cover with an airtight lid. You can store this in the refrigerator for a week.

*Try this spread with a grilled cheese sandwich.