

# In the Kitchen with Bradley



Today In Stay & Play we made Smashed Broccoli  
with Cheese!

Tools we used: Jars, Baking Sheets, Oven, Spatula

Techniques we practiced: Measuring, Pressing, Sprinkling, Spreading

## Ingredients:

3 broccoli crowns

8 ounces shredded parmesan cheese

1/2 teaspoon garlic powder

½ teaspoon lemon pepper seasoning

Olive oil spray

## Directions:

\*Preheat oven to 400 degrees

\*Line a baking sheet with parchment paper

\*Microwave broccoli florets on high for 4 minutes

\*Place 1 tablespoons of shredded parmesan cheese on the parchment paper

\*Place a floret of broccoli on top of the shredded parmesan cheese

\*Using the bottom of the jar, press down on each broccoli floret

\*Season broccoli with garlic powder & lemon pepper seasoning

\*Bake in oven until parmesan layer is crisp and broccoli are browned – about 30 minutes

Enjoy!!!