

Infused Herb-Roasted Broccoli Recipe



What You Need :

Ingredients	Supplies	Time Needed
<input type="checkbox"/> Cannabis-Infused Olive Oil	<input type="checkbox"/> Roasting Pan	10 min - Prep
<input type="checkbox"/> 2 Cups Broccoli Florets	<input type="checkbox"/> Basting Brush	35-40min - Roast
<input type="checkbox"/> Fresh Rosemary	
<input type="checkbox"/> Fresh Oregano		45-50 min - Total Time
<input type="checkbox"/> Fresh Cracked Black Pepper		
<input type="checkbox"/> 2 Cloves Minced Garlic		

Directions:

Step 1: Prep Your Broccoli & Herbs

- Preheat your oven to 350 degrees. While your oven preheats, place your broccoli in a single layer on a roasting pan.
- Slice your herbs -rosemary & oregano- crosswise into thin peices with a sharp knife or kitchen scissors.

Step 2: Combine Garlic and Oil & Baste

- In a small dish or bowl, combine your *desired amount* of olive oil with your minced garlic.
- Using your basting brush, evenly brush your garlic oil over the single layer of broccoli.

Step 3: Season With Herbs

- Sprinkle your thinly-sliced herbs over your broccoli, using as much or as little as you desire.
- Finish seasoning by topping with freshly cracked black pepper -to taste-.

Step 4: Roast Until Fragrant & Starting to Brown

- Roast broccoli for approximately 35-40 minutes, or until fragrant and the edges start to brown. You can cook it longer or shorter, depending on your own personal preference.
- Serve as a side dish or as an addition to your favorite recipes! Bon appetit (:

*How to Figure Dosage:

Knowing this step and being able to accurately calculate your oil's dosage, will help you understand how to use your infused olive oil accordingly with varying recipes you want to medicate. This allows you to take part in and give an experience that is safe, comfortable and above all, enjoyable.

- Divide the total amount of infused THC in your oil by the amount of oil you are going to be using for your desired recipe.
- Divide those findings by the number of servings the recipe gives. This will give you the mg of THC each serving will hold! (:

Cooking with Cannabis-Infused Olive Oil:

A good starting point for ingesting cannabis edibles is to limit yourself to <5mg THC ; even less if you are new to THC-infused food. It can have the tendency to be a lot stronger, more intense, and can differ drastically from smoking it. For one, the effects can take anywhere from a half hour to 3 hours to fully metabolize, depending on an individual's unique body and metabolic rate. In addition, because the THC is digested through your liver, and can more readily cross the body's blood-brain barrier, the high can be stronger and last longer.

With that said, your infusion's potency depends on many factors, from how long and what temperature it was cooked, to the potency of your starting product, as well as taking into consideration if your strain was indica or sativa leaning. To test the potency and effect of your finished product, try a smaller amount (<5mg) and see how that dose affects you after an hour or so. Titrate your dose as desired, and you can then use this personalized "standard" dose as a baseline for your recipes.

Happy Cooking!