

Sauteed Broccoli

Prep Time: 10 Minutes

Cook Time: 16 Minutes

Serves: 4

Ingredients:

- 1 pound fresh broccoli
- 1 teaspoon kosher salt, more to taste
- 3 tablespoons extra-virgin olive oil
- 2 cloves garlic, minced
- 2 teaspoons fresh lemon juice
- Freshly ground black pepper, to taste



Directions:

- Rinse and cut broccoli into individual florets.
- Place the broccoli in a large pot and add water to cover and about 1 teaspoon of salt. Bring the broccoli and water in the pot to a boil over high heat. Then reduce the heat to low and simmer the broccoli for 3 to 4 minutes or until the broccoli is just crisp-tender. Drain the broccoli thoroughly in a colander in the sink, shaking it to remove most of the water.
- Heat the olive oil in a large skillet over medium heat and cook the garlic for 1 minute until it is fragrant. Add the drained broccoli to the skillet with the garlic and oil and cook for 3 to 5 minutes, stirring frequently, until the broccoli is glazed and tender.
- Sprinkle the broccoli with the lemon juice and season with salt and pepper to taste. Serve immediately.

Follow us here



This material was provided by Ascentria Care Alliance SNAP-Ed program with funding from USDA's Supplemental Nutrition Assistance Program (SNAP). SNAP provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more, contact the Department of Transitional Assistance at 866-950-3663. USDA is an equal opportunity provider and employer.