

Pan Steamed Broccoli with Garlic & Olives

2 servings

1 head broccoli about 1 to 1 ½ lbs

1/3 cup water

Pinch of sea salt

1 clove garlic finely minced

4 Kalamata olives sliced

2 Tb extra virgin olive oil (optional for added flavor)

- Cut the broccoli tops into 1" florets. Peel the stalk and cut in half lengthwise then into 1/8" sticks lengthwise.
- Heat a medium sauté pan, add water and salt.
- Bring to a boil, add the broccoli stems. Cook 2 minutes
- Add the broccoli florets.
- Cover, raise heat to medium and cook for 3-4 minutes until crisp tender.
- Add garlic, cook 1 minute. Most of the water will be absorbed.
- Remove from the heat.
- Add olives. Stir to combine.
- Drizzle with 2 Tb extra virgin olive oil
- Serve