

# Pan Steamed Broccoli with Roasted Peppers

2 servings

2 red, yellow or orange peppers

1 head broccoli about 1 to 1 ½ lbs

¼ cup water

Pinch of Celtic sea salt

1 clove garlic finely minced

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

1 Tb balsamic vinegar (optional)

## **Roast the peppers:**

- Place pepper on top of a gas burner on high.
- Char the skin by turning with tongs so most of the skin turns black.
- Put into a bowl cover, with a plate, let steam until it is cool enough to touch.
- Using a small knife scrape the skin off.
- Cut through the bottom of the pepper from bottom to top and all around the top so you can lift out the stem and most of the seeds.
- Scrap off any seeds that remain.
- Slice into strips.

## **Prepare the Broccoli:**

- Cut the broccoli tops into small florets. Peel the stalks and cut into ¼" sticks
- Heat a medium sauté pan, add water, salt and broccoli stems.
- Bring to a boil
- Add the broccoli florets.
- Lower heat to medium, add garlic and cook for 3-5 minutes until broccoli is crisp tender and most of the water has evaporated.
- Remove from the heat.
- Add peppers
- Drizzle with extra virgin olive oil and balsamic vinegar if using
- Serve warm or at room temperature.

