

Pan Steamed Broccoli with Garlic

2 servings

1 head broccoli about 1 to 1 ½ lbs

1/3 cup water

Pinch of sea salt

1 clove garlic finely minced

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

- Cut the florets into 1" pieces. Peel the stalk and cut in half crosswise and then into 1/8" sticks lengthwise.
- Heat a medium sauté pan, add water, salt and broccoli stems.
- Bring to a boil
- Add the broccoli florets.
- Cover, raise heat to medium and cook for 3-5 minutes until crisp tender.
- Add garlic simmer 1 minute
- Remove from the heat.
- Drizzle with 2 Tb extra virgin olive oil
- Serve