

Steamed Broccoli



Ingredients:

- 1 bunch broccoli
- 1 clove garlic, minced
- 1 T olive oil
- Salt, to taste

Directions:

1. Cut the crowns from the large stem. Cut each crown into bite size florets.
2. Peel remaining stems if thick and tough. Chop the remaining tender stem.
3. Thoroughly rinse all broccoli.
4. Set broccoli in steamer basket over boiling water. Cook around 5 minutes.
5. In a skillet, heat olive oil and add garlic, cooking until garlic is fragrant.
6. Toss cooked broccoli in olive oil and garlic mixture. Serve hot.

Makes 2-4 servings.



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