Cheesy Broccoli Saute

Servings: 6

1 head (one pound) fresh broccoli
4 ounces aged cheddar cheese, crumbled
(one tablespoon) juice of one lemon
1/4 cup olive oil
1/2 teaspoon Kosher salt
1/2 teaspoon pepper
1/4 teaspoon red pepper flakes (optional0

Cut the root end from the broccoli and discard (about three inches). Peel the remaining stem and cut the broccoli into three-inch-long spears.

Crumble (or cut) the cheese into bite-size pieces.

Squeeze the lemon for juice.

Preheat a large, heavy saute' pan on medium-high for 2 to 3 minutes. Place oil in the pan. Add the broccoli, salt and pepper. Cook for 4 to 5 minutes, stirring occasionally, or until the broccoli begins to brown.

Sprinkle the cheese over the broccoli. Cook for 1 to 2 minutes (do not stir) or until the cheese has browned and slightly melted and the broccoli is crisp-tender. Remove from the heat.

Drizzle with lemon juice and sprinkle with pepper flakes, if desired.

Serve.