

Side Dish

Lemon Broccoli

Better Homes and Gardens Garden Fresh Recipes - July 2011

Servings: 6

Start to Finish Time: 20 minutes

6 cups broccoli florets

2 tablespoons olive oil

1/2 teaspoon lemon peel, finely shredded

4 teaspoons lemon juice

1 clove garlic, minced

1/4 teaspoon salt

1/8 teaspoon ground black pepper

Place a steamer basket in a large saucepan.

Add water to just below the bottom of the basket.

Bring the water to boiling.

Add the broccoli to the steamed basket.

Cover and reduce the heat. Steam for 8 to 10 minutes or until crisp-tender.

Combine the oil, lemon peel, lemon juice, garlic, salt and pepper.

Drizzle over the hot broccoli. Toss to coat.

Per Serving (excluding unknown items): 63 Calories; 5g Fat (62.0% calories from fat); 2g Protein; 4g Carbohydrate; 2g Dietary Fiber; 0mg Cholesterol; 109mg Sodium. Exchanges: 0 Grain(Starch); 1 Vegetable; 0 Fruit; 1 Fat.