

Neopolitan-Style Broccoli

Chef Mario Batali - Molto Batali: Simple Family Meals From My Home To Yours
Palm Beach Post

Servings: 8

Preparation Time: 15 minutes

Cook time: 15 minutes

2 tablespoons extra-virgin olive oil

1 red onion, chopped in 1/4-inch dice

4 cloves garlic, thinly sliced

2 1/2 pounds broccoli, cut into 2-inch spears, stems peeled and cut into 2-inch pieces

1 tablespoon hot red pepper flakes

1/2 teaspoon salt

freshly ground pepper

Combine the oil and onion in a large, heavy-bottomed pot. Cook over medium heat until the onions are softened, not browned.

Add the garlic. Cook 1 minute.

Add the broccoli. Stir to coat with the onion mixture.

Cook over high heat, stirring so that the mixture does not scorch, 8 minutes. If it gets too hot, add cool water, two to three tablespoons at a time, to slow it down.

When the broccoli is tender, add the red pepper flakes.

Season with salt and pepper to taste. Stir well.

Serve hot or at room temperature.

Per Serving (excluding unknown items): 64 Calories; 4g Fat (46.3% calories from fat); 3g Protein; 7g Carbohydrate; 3g Dietary Fiber; 0mg Cholesterol; 158mg Sodium. Exchanges: 1 1/2 Vegetable; 1/2 Fat.