

Side Dishes

Zesty Broccoli

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Servings: 4

Start to Finish Time: 15 minutes

4 cups fresh broccoli florets

1/4 cup water

2 teaspoons olive oil

1 to 2 cloves garlic, minced

1/2 teaspoon salt

dash crushed red pepper flakes

In a large saucepan, combine the broccoli, water, olive oil, garlic and salt. Bring to a boil. Reduce the heat.

Cover and simmer for 5 minutes or until the broccoli is crisp-tender. Drain.

Add the pepper flakes. Toss to combine.

Per Serving (excluding unknown items): 42 Calories; 2g Fat (47.0% calories from fat); 2g Protein; 4g Carbohydrate; 2g Dietary Fiber; 0mg Cholesterol; 287mg Sodium. Exchanges: 1 Vegetable; 1/2 Fat.