

SIENA'S FAVORITE WAY TO COOK BROCCOLI*

Yield: Approximately 2 Cups

Ingredients	Amounts
Broccoli, widdled	2 cups
Extra-virgin olive oil	1 Tbsp.
Water	4 Tbsp.
Salt	as needed
Black pepper, ground	as needed
Lemon juice	1 Tbsp.

Method

1. *To Widdle:* Trim half inch of each broccoli stalk. This part is dry and tough.
2. Start slicing the broccoli stem into thick ¼-inch slices until you reach all the way up to the neck of the florets.
3. Continue to slice until you get to the natural break of the florets.
4. Set all the florets aside and continue to chop the stem. Save some of the leaves and finely chop those.
5. When the stems are sliced and you have nothing, but florets left, widdle them by separating the florets with your hands where they naturally want to separate. You shouldn't have to cut unless some base stem is still attached.
6. You now have even pieces that will all take the same amount of time to cook. Wash the broccoli and drain it in a colander.
7. Heat the olive oil in a medium sauté pan and add the broccoli, water, salt and pepper. Cook until the water is absorbed, and the broccoli starts to brown and become tender.
8. Remove from the heat and drizzle with lemon juice.
9. Serve immediately.

Nutrition Information (per 1 cup portion/serving, prepared with ¼ teaspoon salt)

Calories: 85/Protein: 2 g/Carbohydrate: 4 g/Fiber: 2 g/Carbohydrate to Fiber ratio: 2
Saturated fat: 1 g/Polyunsaturated fat: 1 g/Monounsaturated fat: 5.5 g
Trans fat: 0 g/Sodium: 160 mg / Potassium: 240 mg / Added sugar: 0 g

**This recipe meets 6 of 7 HKHL Recipe Nutrition Goals for a side dish.*

Source: Ana Sortun, as presented at the 2020 Healthy Kitchens, Healthy Lives® conference.
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