

Broccoli Rabe

Ingredients:

1 bunch broccoli rabe
2 tablespoons olive oil
3 cloves garlic, minced
½ teaspoon sea salt
¼ teaspoons freshly ground black pepper
¼ teaspoon crushed red pepper

Instructions:

Bring 3 cups water to boil. Add broccoli rabe to boiling water and bring to a boil again. Cover and cook 2-3 minutes or until bright green and wilted. Drain the broccoli rabe in a colander, pressing until barely moist. Reserve broth and use as a soup base.

Place pan over low heat. Add oil garlic – cook 1 minute or until garlic is just beginning to brown, stirring occasionally.

Stir in broccoli rabe, black pepper and red pepper. Add some reserved broth if needed. Increase heat to medium-high and cook 3 minutes or until tender, stirring occasionally.

Variations:

- If broccoli rabe is too bitter to your palette, add in some raw spinach to Step 3 to taste.
- You can use the same techniques to make collards, kale and mustard greens!



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