



# Recipes

## Greens

### **Broccoli Rabe**

*Prep Time: 5 minutes*

*Cooking Time: 10 minutes*

*Yield: 4 servings*

#### **Ingredients:**

- 1 bunch broccoli rabe
- 2 cloves garlic
- 2 tablespoons olive oil
- 2 tablespoons water
- Pinch of sea salt

#### **Directions:**

1. Wash broccoli rabe and cut stems into 1-2 inch pieces.
2. Warm oil in pan and add garlic; sauté for a few minutes.
3. Add broccoli rabe and sea salt, then sauté for about 3 minutes.
4. Add water, cover and allow to steam for about 2 minutes. Check for desired tenderness.
5. If needed add a bit more water and allow to steam for a few more minutes.

#### **Variations:**

Serve with freshly grated parmesan cheese.