

Sauteed Broccoli

Servers 3-4

Ingredients:

1# Broccoli Head, Broccolini or Florets

¼ ea Sliced Red Onion, White Onion or Yellow Onion

2 Cloves Garlic, Sliced

Kosher Salt

2T Extra Virgin Olive Oil, Vegetable Oil or Grape Seed Oil

Directions:

In a small sauce pot, fill 2/3 of the way with water. Bring to a boil. Season the water with salt enough to salt to taste like the ocean. Dunk the broccoli into the water for about 30 seconds or just until tender. Strain and remove to cool.

In a medium sauté pan over medium heat, add the oil. Then add the broccoli, stir for about 30 seconds, then add the onion and garlic. Season with a pinch of salt.