



# Broccoli with Garlic

(Serves 4)

Vegetables • Winter/Spring

## INGREDIENTS

- 1 large head of broccoli (about 1 ½ lbs.), cut up into bite-sized pieces
- ¼ teaspoon red pepper flakes
- 3 cloves garlic, minced or pressed
- ¼ cup olive oil
- ½ teaspoon salt
- 1 lime, cut in half

## INSTRUCTIONS

- Put oil into a large pan.
- Add the pepper flakes and garlic.
- Cook for 1 minute.
- Add the broccoli.
- “Stir fry” just until the broccoli is evenly covered in the oil.
- Add the salt and 2 tablespoons of water.
- Cook over low heat until broccoli is tender (about 10-12 minutes).
- Squeeze lime over the cooked broccoli.

## NUTRITION FACTS

Per Serving	%DV*
<i>Serving Size: 4.5 oz.</i>	
Calories 133	
Calories from fat 122	
Fat 14g	21%
Saturated fat 2g	10%
Cholesterol 0mg	0%
Sodium 293mg	12%
Carbohydrate 4g	1%
Fiber <1g	0%
Protein <1g	

\*Based on a 2,000 Calorie diet



The Happy Kitchen is a program of the Sustainable Food Center.