



VEGGIE RECIPE

Broccoli with Garlic



- Serves 4





Ingredients

- ❑ **Broccoli**
(1 large head, cut into pieces)
- ❑ **Red pepper flakes**
(1/4 teaspoon)
- ❑ **Garlic**
(3 cloves, minced)





Ingredients

- ❑ Olive oil
(1/4 cup)
- ❑ Salt (a pinch –
do not have to
add)
- ❑ Water
(2 tablespoons)
- ❑ Lime
(cut in half)





Materials

- Large pan
- Knife
- Cutting board
- Spatula
- Measuring spoons





Instructions

□ Wash hands





Instructions

- Turn oven to **MEDIUM/HIGH** heat





Instructions

- Put $\frac{1}{4}$ cup olive oil into a large pan





Instructions

- Add ¼ teaspoon pepper flakes





Instructions

- Add 3 cloves minced garlic





Instructions

- Cook for 1 minute





Instructions

- Add pieces of broccoli





Instructions

- **“Stir fry”** – Cover all the broccoli with the oil

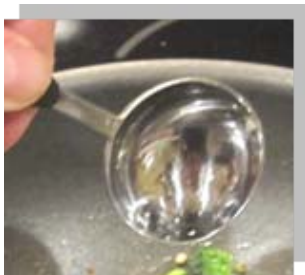




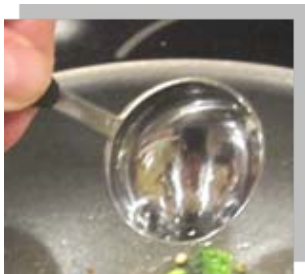
Instructions

- Add 2 tablespoons water

1



2





Instructions

- Turn oven to LOW heat





Instructions

- ❑ **Cook broccoli - 10-12 minutes until tender (easy to cut and chew)**





Instructions

- Squeeze lime over the broccoli





Instructions

- **Serve and enjoy your fresh veggies!**



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