

Sautéed Broccoli Rabe



1 bunch broccoli rabe
1/2 Tablespoon olive oil
2 garlic cloves, minced
1/4 teaspoon red pepper flakes
1/4 teaspoon salt
1/4 teaspoon black pepper
Lemon wedge for squeezing

Instructions: Wash broccoli rabe and trim 1/2-inch off the stems. Fill a large pot of water and bring to a boil. Fill a large bowl of half ice, half cold water and set aside. Blanch broccoli rabe in boiling water for 2 minutes. Remove with a slotted spoon and drop in ice water for about 15-20 seconds. Remove and place on paper towels, patting dry. In a large skillet, heat oil over medium heat. Stir in garlic and red pepper flakes and cook for 20-30 seconds. Add the broccoli rabe and sauté for 3-5 minutes, stirring to cook evenly. Remove from heat. Season with salt and pepper and serve with a lemon wedge for squeezing.

Yield: 4 servings

Nutrition Facts (per serving): 25 calories, 2 grams fat, 160 milligrams sodium, 1 gram carbohydrate, 1 gram fiber, 1 gram protein