

BROCCOLI COINS

Ingredients

Broccoli Stalks

Garlic

Oil

Water

Salt and Pepper

Directions

Use a paring knife to slice off the tougher outer skin of several Broccoli stalks, removing as little as possible from the inner sweet core.

Heat a Tablespoon of blended oil in a sauté pan over medium heat and add a few cloves of sliced fresh Garlic, about 1 Tablespoon.

Cook until fragrant and then add Broccoli coins, stirring to coat with the oil.

Before the Garlic gets too brown, pour in a ¼ Cup water and allow to evaporate.

Season with Salt & Pepper to serve.