**STEAMED BROCCOLI**

*Recipe adapted from The Barefoot Contessa*

**INGREDIENTS**

- 1 bunch of broccoli
- sea salt
- optional garnishes (olive oil, mayonnaise, lemon juice or zest, balsamic vinegar, toasted almonds, toasted sunflower seeds)

**METHOD**

Rinse the broccoli and break into large, bite-sized florets. Cut off the stem and peel off the thick skin around the stem. Quarter or halve the stem lengthwise.

Bring about 1 inch of water to a boil in a saucepan with a steamer. (Note that if you don’t have a steamer, you can simply put the broccoli directly into a half-inch inch of boiling water.)

Add the broccoli to the steamer and cover; reduce heat to medium and let cook for 3-5 minutes. The broccoli is done when you can pierce it with a fork. Be careful not to overcook it. As soon as it is pierce-able, remove from heat, place in serving dish.

Sprinkle with sea salt and desired garnishes, and serve.