

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.