



## Skillet-Browned Broccoli with Pan-Toasted Garlic

**START TO FINISH** 30 minutes

- 3 large broccoli heads with stem ends attached
- 3 Tbsp. olive oil
- $\frac{1}{2}$  tsp. salt
- $\frac{1}{4}$  tsp. ground black pepper
- Olive oil (optional)
- 3 Tbsp. thinly sliced garlic
- Sea salt (optional)

1. Cut broccoli heads lengthwise into 1-inch-thick slices, cutting from the bottom of the stems through the crown to preserve the shape of the broccoli (reserve any florets that fall away for another use). Brush both sides of broccoli slices with the 3 tablespoons oil. Sprinkle with the  $\frac{1}{2}$  teaspoon salt and the pepper.

2. Heat a 12-inch cast-iron skillet over medium heat. Place half of the broccoli in the hot skillet and weight down with a medium heavy skillet. Cook for 3 to 4 minutes or until browned. Turn slices over, weight them down, and cook for 3 to 4 minutes more or until browned. (For more tender broccoli, cook over medium-low heat for 5 to 6 minutes per side.)

Remove broccoli from skillet; keep warm.\* Repeat with the remaining broccoli.

3. If necessary, add additional oil to hot skillet; add garlic. Cook and stir over medium-low heat about 2 minutes or until lightly toasted. To serve, sprinkle broccoli with the toasted garlic and, if desired, sea salt.

**Makes 8 servings.**

**\*TIP** Keep the cooked broccoli slices warm in a 300°F oven or cover them with foil while cooking the remaining broccoli.

**PER SERVING** 79 cal., 5 g fat (1 g sat. fat), 0 mg chol., 174 mg sodium, 7 g carb., 2 g fiber, 3 g pro.



### Best Broccoli

Seek out vibrant green heads of broccoli with tightly closed buds. Store in the refrigerator for up to 5 days.