



www.robinbarrie.com | 917-648-1421 | rkaiden@robinbarrie.com

Simple Sides: Steamed Broccoli

INGREDIENTS

2 cups broccoli, chopped into bite size florets
5 tablespoon olive oil
1 clove garlic, minced
Salt to taste
Pinch of crushed red pepper (optional)

PREPARATION

- 1 Place steamer basket in a medium sized pot and add water, filling just until the water hits the bottom of the basket.
- 2 Bring water to a boil.
- 3 Add broccoli to the pot, and steam covered for four minutes.
- 4 Meanwhile, heat olive oil and garlic in a skillet over medium heat, until the garlic becomes fragrant.
- 5 Meanwhile, heat olive oil and garlic in a skillet over medium heat, until the garlic becomes fragrant.
- 6 Sprinkle with salt and red pepper flakes, if using, and serve along with your favorite protein and healthy carb for a simple, balanced meal!

www.robinbarrie.com | 917-648-1421 | rkaiden@robinbarrie.com