



## Spicy Broccoli with Garlic

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Recipe Source: [www.marthastewart.com](http://www.marthastewart.com)

Serves: 2

### Ingredients:

1½ lbs broccoli  
2 Tbsp olive oil  
1 clove garlic, minced  
¼ tsp salt  
Dash crushed red pepper  
1½ tsp vinegar  
¾ cup water

### Steps:

- Peel (if desired) and slice thick stems from broccoli. Separate florets.
- In a skillet, bring water to a simmer over medium-low heat. Add stems and florets. Cook, covered, until bright green, about 4 minutes.
- Stir in olive oil, minced garlic, salt, and crushed red pepper. Cook 4 minutes.
- Turn off heat and stir in vinegar. Serve immediately.

*Tips from the Test Kitchen: Vinegar, or any type of acidity, helps flavors to really come alive. You could use a regular white vinegar, red wine vinegar, or balsamic. Try substituting lemon juice if you prefer a citrusy flavor!*

**Nutritional Facts (Per Serving):** Calories: 238, Carbohydrates: 23 grams, Protein: 10 grams, Total Fat: 15 grams, Saturated Fat: 1 gram, Cholesterol: 0 mg, Sodium: 404 mg, Fiber: 9 grams, Sugars: 6 grams.