

Skillet Broccoli

(4 Servings)

Ingredients:

1 bunch broccoli (about 1 ¼ pounds)

¼ cup water

2 tablespoons olive oil

½ teaspoon salt

Directions:

1. Cut the broccoli florets off the stems and divide the florets into 1 to 1 ½ inch pieces.
2. Peel the skin from the stems with a sharp knife or a vegetable peeler and cut the peeled stems into 1 inch pieces.
3. Put the broccoli into a stainless steel skillet and add the water, oil, and salt.
4. Bring to a boil and cook, covered, over high heat for about 3 minutes.
5. Remove the cover and cook over high heat for about 2 minutes, or until the water is gone and the broccoli is glazed and tender but still firm.
6. Serve immediately.