



# BROCCOLINI® baby broccoli with Lemon and Garlic

## Servings

4-6

## Calories

110

## Prep Time

10 minutes

## Total Time

20 minutes

## Skill Level

Easy

## Ingredients

1 bunch BROCCOLINI® baby broccoli (about 9 stalks)

1 tablespoon unsalted butter

1 tablespoon extra-virgin olive oil

2 garlic cloves, minced

2 tablespoons fresh lemon juice

salt and pepper, to taste

## The Method

In a large skillet over medium heat, melt 1 tablespoon butter in 1 tablespoon oil. Add 1 bunch BROCCOLINI® baby broccoli, 2 minced garlic clove and salt and pepper to taste.

Sauté, stirring to coat, 1 minute. Reduce heat to low, cover, and cook 5 minutes for crisp-tender or longer if desired. Stir in 2 tablespoons fresh lemon juice and serve at once.



## Nutrition Facts

Serving Size: 72g | Servings: 6

## Amount Per Serving

Calories 110 | Calories from Fat 90 | Total Fat 10g (sat fat 3g trans 0g) | Cholesterol 10mg | Sodium 10mg | Total Carbohydrate 4g | Dietary Fiber 3g | Sugars 1g | Protein 2g | Vitamin A 8% | Vitamin C 50% | Calcium 4% | Iron 4%