



Broccolini® with Ginger and Garlic

Servings

4

Calories

60

Prep Time

10 minutes

Total Time

20 minutes

Skill Level

Easy

Ingredients

1 bunch Mann's Broccolini® (about 9 stalks)

1 tablespoon extra-virgin olive oil

2 cloves garlic, minced

2 teaspoons crushed ginger

Salt and pepper, to taste

Vermouth, to taste



The Method

Fill a large saucepan with 3 cups water and boil. Once water is boiling, add pinch of salt and blanch Mann's Broccolini®, for about 1-2 minutes. Drain, rinse with cold ice water and set aside.

In a large skillet over medium heat, add 1 tablespoon of extra virgin olive oil and garlic, and sauté for 30 seconds. Add the Broccolini® and the crushed ginger. Sauté, stirring to coat for about 1 minute. Reduce heat to low, cover, and cook 2-3 minutes. Add salt and pepper, to taste.

Splash Broccolini® with Vermouth, to taste and serve immediately.

Nutrition Facts

Serving Size 64g | Servings: 4

Amount Per Serving

Calories 60 Calories from Fat 30 | Total Fat 3.5g (sat fat 0.5g trans 0g) | Cholesterol 0mg | Sodium 15mg | Total Carbohydrate 4g | Dietary Fiber 3g | Sugars 1g | Protein 2g | Vitamin A 6% | Vitamin C 45% | Calcium 4% | Iron 4%