

## SPICY BROCCOLINI *with* GARLIC

### INGREDIENTS

- 4 quarts water
  - 1 tbsp. salt
  - 3 bunches broccolini
  - 3 tbsp. olive oil
  - 6 large garlic cloves, sliced
  - ½ tsp. crushed red pepper flakes
  - 2 tsp. kosher salt
  - ½ tsp. freshly ground black pepper
  - 2 tsp. lemon zest
  - 2 tsp. lemon juice
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### PREPARATION

**Prep/Cook time:** 1 hour

**Makes:** Serves 8

**Difficulty:** Medium

**Blanch Broccolini:** Fill a large pot with 4 quarts of water. Bring to a boil with 1 tablespoon of salt. Cut off and discard the tough ends of the broccolini. Blanch broccolini in the boiling water for 2 minutes. Remove broccolini from boiling water and immediately place in an ice bath. Drain.

**Sauté Garlic:** Heat the olive oil in a large pot. Add the garlic and cook over low heat, stirring occasionally, for 4 to 6 minutes, until golden brown. Remove the garlic with a slotted spoon, and set aside.

**Sauté Broccolini:** Add broccolini to the hot olive oil. Add the red pepper flakes, salt, and pepper and cook over medium heat for 5 minutes, turning occasionally with tongs, until the stalks are tender but still al dente.

**Serve:** Add the reserved garlic and lemon zest and juice and serve hot.

#### **For kids:**

- Leave out the red pepper flakes and the pepper (and maybe the garlic if they don't like garlic).

#### **For leftovers:**

- Toss with pasta for a great dinner. Or cut up and eat in a chicken salad. Or make a great pureed soup.

#### **Simple substitutions:**

- All ingredients are easy to get.

#### **Healthier Options:**

- Reduce the olive oil to 1 tablespoon but this is really healthy as is.

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