

## BROCCOLINI

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**Broccolini** is the long, thin version of broccoli but has a milder flavor than regular broccoli. Sometimes it's called "baby broccoli" but it's not really young broccoli, but a hybrid of broccoli and Chinese broccoli. It is a cruciferous vegetable like kale, cauliflower, cabbage, and Brussels sprouts. It's simple and quick to prepare.

Like broccoli and other cruciferous vegetables, broccolini is a good source of fiber to aid the digestive system and to help us feel full. Broccolini contains antioxidants which can help prevent cancer, protect against heart disease, inflammation and help curb blood sugar. It also contains protein, potassium, and vitamins A (eyes), C (skin), E (brain), and K (bones) — as well as small amounts of calcium and iron.

## **Garlic Broccolini**

From [kitchn.com](http://kitchn.com)

Serves 4-6

### Ingredients:

1 lb broccolini  
1 tablespoon canola, vegetable or olive oil  
4 cloves garlic, thinly sliced or  $\frac{1}{8}$  tsp garlic powder or  $\frac{1}{2}$  tsp garlic salt  
 $\frac{3}{4}$  tsp salt (do not add if using garlic salt)  
 $\frac{1}{2}$  teaspoon red pepper flakes (optional)  
 $\frac{1}{2}$  cup water  
Lemon wedges, for serving (optional)

### Procedure:

1. Rinse the Broccolini under cool water and shake off the excess water. Trim about 1/2-inch off the bottom of the Broccolini stems.
2. Heat the oil in a large straight-sided skillet over medium-high heat until shimmering. Add the Broccolini and sauté until the Broccolini is bright green and some of the stems and tips of the florets are lightly charred, 5 to 7 minutes.
3. Add the garlic, salt, and red pepper flakes, if using. If using fresh garlic, continue to sauté until the garlic is fragrant, about 30 seconds.
4. Add the water, cover, and cook until the Broccolini is vibrant green and crisp-tender, 1 to 2 minutes.
5. Serve immediately, with lemon wedges, if using.

## **Roasted Broccolini**

### Ingredients:

1 bunch (8 oz) broccolini  
1 tablespoon olive oil  
 $\frac{1}{4}$  teaspoon garlic powder  
 $\frac{1}{8}$  teaspoon salt, (or to taste)  
 $\frac{1}{8}$  teaspoon black pepper  
Sprinkle of parmesan cheese (optional)  
Lemon juice (optional)

### Procedure:

1. Preheat oven to 425.
2. Trim about  $\frac{1}{2}$  inch off the bottom of each broccolini stem and discard.
3. Spread the broccolini across a large baking sheet and drizzle oil, sprinkle over the garlic powder, salt, and pepper and toss together until broccolini is evenly coated.
4. Spread out in single layer on sheet pan.
5. Roast for 10-15 minutes until crisp tender and beginning to brown, rotating pan 180 degrees halfway through.
6. Squeeze on lemon juice or grated parmesan cheese if desired.

