

Steamed Broccoli

½ head of broccoli
1 clove garlic, sliced (optional)

- Wash and cut broccoli into florets; peel and slice stalks. Keep tough stems for soup.
- In medium pot, put garlic slices (optional) in water and place steamer rack at least 1 inch above water.
- Bring water to boil, place broccoli on rack and cover tightly. Steam for 7 minutes.
- Makes 2 servings.

Recipe by Gary Barone.