

Basic Broccoli Recipe

Simple Steamed Broccoli

Ingredients:

- 3 -4 cups fresh broccoli florets
- 1 teaspoon sugar (*yes, sugar, but read on...*)
- 1/4 cup butter or olive oil to preference
- water
- option of lemon juice and garlic to taste

Directions:

Prep Time: **5 mins**

Total Time: **13 mins**

- 1.** Place the sugar at the bottom of your pan, insert steamer basket. Add enough water to come just below the bottom of the steamer basket. Bring to a boil. Reduce heat to medium.
- 2.** Add broccoli to basket and cover with a lid. Steam for 7-8 minutes, depending on your tenderness preference. The broccoli should be dark green, yet still crunchy.
- 3.** While steaming broccoli, you can melt the butter the serving bowl. You can also use olive oil in the bowl rather than butter, along with fresh lemon juice and minced garlic.
- 4.** Add broccoli and stir to coat.

Note: The sugar is supposed to merely help the water boil, like salt does, without adding a salty flavor to the vegetables. You may want to experiment with this, as you can with so many recipes.

Found on the food.com website, makes about 6 servings