

Broccoli & Cauliflower w. Garlic & Lemon

(Serves 10)



Ingredients:

1lb Broccoli, trimmed & cut into bite-size pieces
1lb Cauliflower, trimmed & cut into bit-size pieces
3-4 tbsp EVO_oil, divided
1 tbsp Garlic, minced
Juice of 1 fresh Lemon
½ tsp fresh Pepper or to taste

DIRECTIONS

In a steamer cook the broccoli & cauliflower for 8 minutes or until just tender, then drain & run under cold water to stop the cooking.

Drain again & set aside.

Put 2 tbsp of the olive oil in a large skillet over medium heat, then add the garlic & cook for 3 minutes, or until it is golden, stirring occasionally.

Add drained vegetables & turn heat to high, cooking & stirring only when necessary, until vegetables begin to brown.

Add lemon & pepper & cook another minute.

Add remaining tbsp of olive oil, then taste & adjust seasoning.

Serve hot or at room temperature.