

Garlic Broccoli Rabe

Serves

4

Ingredients

1 bunch small broccoli rabe, each stem cut into 2 or 3 pieces
2 tbs extra virgin olive oil
2 cloves
garlic, thinly sliced
1/4 tsp crushed red pepper flakes
1/2 tsp kosher salt
1/4 cup of pine nuts

Preparation Instructions

Bring large pot of salted water to a boil, add broccoli rabe. Cook two or three minutes. until firm tender and bright green. Drain. You can place in ice bath to stop cooking.

Clean pot and add olive oil, garlic, pine nuts and red pepper. Cook over medium heat, until garlic is lightly golden, about 2 minutes. Do not burn pine nuts. Add broccoli rabe and salt, cook 2 minutes longer, tossing with tongs until tender. Serve on separate side platter or place with the main course on platter.