

Nourish Program's Garlic and Herb Butter Broccoli

Yield: ~4 servings
Serving size: ½ cup

Amount:

1 each
2 Tbsp
1 Tbsp
2 tsp
1 tsp
½ tsp
¼ tsp

Ingredient:

Broccoli head (including stem), cut into equal size pieces (~1lb)
Butter (unsalted) or canola oil
Water
Italian seasoning, salt free
Garlic powder
Kosher salt
Black pepper, ground

Method:

1. Place cut broccoli, oil (butter), and water in a microwaveable safe bowl
2. Add Italian seasoning, garlic powder, salt and pepper
3. Cover loosely with lid or a damp paper towel
4. Cook on high in the microwave for 3 minutes, check for desired doneness
5. Continue cooking in 1-minute intervals until vegetables reached desired texture
6. Stir well before serving to evenly coat vegetables with seasoning

Helpful Tips:

- Microwaving ratio is 2 Tbsp of oil, 1 tbsp. of water, 1 tbsp. of seasoning and 1 lb. of vegetables
- Cook for 3-4 minutes for crunchy vegetables and cook 5-6 minutes softer vegetables
- Some hard vegetables (sweet potatoes, beets, etc.) will take an additional 3-5 minutes of cook time over soft flesh vegetables (summer squash, zucchini, etc.)
- If using stem cut into slightly smaller pieces than florets
- Substitute 1 fresh garlic clove for each ¼ tsp of garlic powder
- Substitute 1 tsp of oregano and 1 tsp of basil for Italian seasoning
- Omit salt if using salted butter or salted ranch seasoning

Equipment Needs:

- Microwaveable safe bowl
- Lid or paper towel
- Chef knife
- Measuring spoons
- Wooden spoon
- Cutting board
- Non-slip padding