

Sauteed Broccolini and Garlic



Recipe courtesy of Ina Garten

Show: Barefoot Contessa | Episode: Going Local



Level:	Easy
Total:	25 min
Prep:	10 min
Cook:	15 min
Yield:	6 servings
Level:	Easy

Ingredients:

- 2 tablespoons kosher salt
- 4 bunches broccolini (1 1/2 pounds)
- 3 tablespoons good olive oil
- 6 garlic cloves, minced

Directions:

- 1 In a large pot, bring 8 cups of water and the salt to a boil. Remove and discard the bottom third of the broccolini stems. If some stems are very thick, cut them in half lengthwise.
- 2 When the water comes to a full boil, add the broccolini, return to a boil, and cook over high heat for 2 minutes, until the stalks are crisp tender. Drain and immediately immerse the broccolini in a large bowl filled with ice water to stop the cooking. Drain in a colander and set aside.
- 3 Heat the oil in a saute pan. Add the garlic and cook over low heat, stirring occasionally, for 1 to 2 minutes. Add the broccolini and stir until heated through.



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