

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.

