

Broccoli with Golden Garlic Crumbs



Makes 6-8 servings

Ingredients

- 3-4 broccoli crowns (1 lb)
- 2 tbsp of olive oil
- 1 clove of garlic
- 1 cup of bread crumbs
- ½ cup of pine nuts

Directions

☞ Cook the broccoli in a large pot of boiling water until crisp-tender, about 3 minutes.
☞ Heat the oil in a large skillet over medium heat and stir in the garlic. Add the crumbs and stir fry until they are golden, about 3 minutes. Add the pine nuts during the last minute.
☞ Reheat the broccoli and spoon it into a flat serving dish with a lip. Season with salt and pepper to taste. Top with crumb mixture and serve immediately ☞ Place the pot of soup directly in sink. Puree with hand-held blender

Nutrients (approximately)

63 Calories per serving,
Fat 4.5g, Saturated Fat 0.6g, Sodium 45.2mg,
Carbohydrates 4.7g, Fiber 2.7, Sugars 1.8, Protein 2.7g

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