

Sauteed Broccolini

Broccolini is similar to broccoli but with smaller florets and longer thin stalks. It's often misidentified as young broccoli, but it is actually a hybrid of broccoli and kai lan, and is also known as broccoli rabe. This recipe for Sauteed Broccolini works equally well with broccoli florets, rapini or asparagus as broccolini is sometimes hard to find.

Ingredients:

1 and ½ lbs. broccolini (about 3 bunches) ends trimmed

¼ c. extra virgin olive oil

2 cloves garlic, pressed or mashed with the blade of a knife

½ tsp salt

¼ tsp black pepper

Bring a large pot of water to boil, add broccolini and continue to boil for 3-4 minutes, just until tender. Using a slotted spoon, remove broccolini from boiling water and place in a large bowl with iced cold water, (also known as an ice bath), which stops the cooking process and helps broccolini retain its bright green color.

In a large non-stick skillet, heat oil over medium high heat and add mashed garlic. Sauté 1-2 minutes. Using slotted spoon, add drained broccolini to garlic. Season with salt and pepper and cook, stirring, until heated through, about 3 minutes. Serve.