



Elliott Evans Nutrition, LLC
Prevent and Protect
Jan Elliott Evans, PhD, RD, CNSD
Registered Dietitian
drevans@ub-well.com
www.ub-well.com
(804) 339-3200

BROCCOLINI WITH LEMON

Martha Stewart Living – November 2011
Makes 4-6 Servings

- 1 pound Broccolini (1 to 2 bunches)
- 2 tablespoons extra-virgin olive oil
- ½ lemon, zested into thin strips and juiced
- Coarse salt

- Prepare an ice-water bath. Bring a large pot of generously salted water to a boil. Cook Broccolini until tender, about 4 minutes.
- Drain again, and pat dry with paper towels.
- Heat oil in a large high-sided skillet over medium-high heat. Cook lemon zest until sizzling, about 30 seconds.
- Add Broccolini, and cook until warmed throughout. Transfer to a platter, and season with salt and lemon juice.