



Broccoli Rabe with Roasted Garlic and Chilies

Yield: 8

2 lb Broccoli Rabe
 1 gallon Boiling Water
 2 each Minced Garlic Cloves
 1 tsp Grated Lemon Peel
 1/2 tsp Kosher Salt
 1/2 tsp Ground Black Pepper
 1 tbsp Olive Oil
 1 tsp Crushed Red Pepper



Bring water to a boil. Cook broccoli rabe in water for 3-5 minutes until tender and bright green. Drain well in a colander and set aside. In a large sauté pan, heat olive oil over medium heat. Add the garlic and the chili flakes and sauté until golden brown then toss in the broccoli rabe. Season with salt and pepper and cook for 2-3 minutes, gently toss in the pan. The broccoli rabe should be tender when done. Toss with lemon zest and serve immediately.

Chef's Note: Also known as Rapini, broccoli rabe is popular in Italy and Portugal. The leaves, stem and buds are all edible. Replace salt with mashed anchovies sautéed with garlic for another layer of flavor.

Calories (kcal)	Protein (g)	Carbohydrate (g)	Total Fat (g)	Cholesterol (mg)	Sodium (mg)	Sat Fat (g)	Dietary Fiber (g)
32.3	2.3	2.4	2.1	0+	170.4	0.3	2