



Creating Conditions for Optimal Health: Body, Mind, Soul & Spirit

Steamed Broccoli

1 Bunch Broccoli (~$\frac{3}{4}$ Pound)	Salt, to Taste
1 Clove Garlic, Chopped	Pepper, to Taste
1 $\frac{1}{2}$ Tablespoons Olive Oil	Add lemon zest and fresh herbs
1 $\frac{1}{2}$ Teaspoons Fresh Lemon Juice	to taste

Chop broccoli into 2-inch florets. Steam broccoli in a steamer, covered, for 4 to 5 minutes until tender.

While broccoli is cooking, combine garlic with olive oil, lemon juice, and salt and pepper in a small skillet. Cook on medium heat until garlic is fragrant, 2 to 3 minutes. Make sure that the olive oil does not begin to smoke. Toss broccoli with garlic mixture in skillet and serve.

Serves 2, ~1/2 bunch or 1/3 pound

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