

# steamed broccoli with lemon butter

Serves: 4

Prep and Cook time: 25 min

Per serving: 109 calories, 9 g fat, 176 mg sodium

1 head broccoli or 3 1/2 cups frozen broccoli

3 TBS butter  
Salt and black pepper, to taste

Juice of 1/2 lemon, or 2-3 TBS bottled lemon juice

1. Wash the broccoli thoroughly. Trim off only the thickest part of stems and the large leaves. Divide the larger florets by slicing through the base of the flower and straight down through the length of the stem.
2. Place the broccoli in a 3- or 4-quart saucepan holding about 2 inches of water. (The stalks should stand on the bottom with the florets facing up.) Sprinkle the salt and pepper over the broccoli and cover the pan.
3. Bring to a boil over high heat and then reduce the heat to low and simmer, covered, for about 5 minutes or until the stalks are tender but not soft.
4. While the broccoli steams, melt the butter in a small saucepan and add the lemon juice. Stir to blend.
5. Using tongs, carefully remove the broccoli to a serving dish. Pour the lemon-butter sauce over the broccoli and serve.

Kitchen Tip: Trim and cut the vegetables into equal-sized pieces so that they cook evenly.

Vary it! You can substitute vegetables like cauliflower and asparagus for the broccoli in this recipe.

