

Steamed Broccoli with Garlic

Ingredients

- 3-1/4 cups broccoli
- 1 tsp unsalted butter
- 1/2 tsp garlic, minced
- 1/8 tsp kosher salt

Notes

Number of Portions: 4

Serving Size: 1/2 cup

Nutrition Facts: 35 calories, 1.39 g fat, 0.29 g saturated fat, 75 mg sodium, 4.81 g carbohydrate, 1.85 g fiber, 1.2 g sugar, 2.02 g protein



Directions

1. Wash and cut broccoli into florets and place on a baking sheet. Steam for 7-10 minutes or until slightly tender and bright green.
2. In a small sauce pot, combine butter, garlic, and salt. Melt on low heat until butter is fully melted. Continue to heat mixture on very low heat for 10 minutes.
3. Place steamed broccoli in non-perforated pan and drizzle butter mixture on top of broccoli. Serve immediately.