

## **Caramelized Broccoli with Garlic**



**ACTIVE: 15 MIN; TOTAL: 35 MIN**

**4 SERVINGS**

Gingrass swears broccoli haters will love the polarizing green vegetable when it's prepared this way, because it is slowly caramelized to bring out its sweetness, then enlivened with a squeeze of lemon and a pinch of crushed red pepper.

**3 tablespoons extra-virgin olive oil**

**2 heads of broccoli (1¼ pounds total), stems peeled and heads halved lengthwise**

**½ cup water**

**3 garlic cloves, thinly sliced**

**Pinch of crushed red pepper**

**Salt and freshly ground black pepper**

**2 tablespoons fresh lemon juice**

In a large, deep skillet, heat 2 tablespoons of the olive oil. Add the broccoli, cut side down, cover and cook over moderate heat until richly browned on the bottom, about 8 minutes. Add the water, cover and cook until the broccoli is just tender and the water has evaporated, about 7 minutes. Add the remaining 1 tablespoon of olive oil along with the garlic and the crushed red pepper and cook uncovered until the garlic is golden brown, about 3 minutes. Season the broccoli with salt and black pepper, drizzle with the lemon juice and serve. ●