



# *Sauteed Garlic Broccoli*

## **The Ingredients**

- 3 Tablespoons Olive Oil
- 2 Heads Broccoli
- 3 Garlic Cloves Sliced
- Pinch of Red Pepper Flakes
- 2 Tablespoons Lemon Juice

## **The Directions**

- Heat 3 tablespoons of the olive oil & garlic until golden brown
- Add broccoli for 8 minutes covered
- Add more garlic & crushed Red pepper
- Cook uncovered for 5 more minutes
- Add salt, pepper & fresh lemon juice!
- ENJOY!