

Healthy Recipe of the Week

Use Organic ingredients whenever possible.

Broccoli with Parmesan

From Everyday Food

Using organic butter and Parmesan cheese will make this side dish even better for you.

Serves 4

1 ½ pounds broccoli
2 TB butter
Salt and pepper to taste
½ cup grated Parmesan

1. Cut stalks from broccoli; peel, and slice ¼ inch thick on the diagonal. Separate tops into small florets. Cook stalks in a large saucepan of boiling salted water, 2 minutes. Add florets; boil until tender and bright green, 3 to 5 minutes. Drain.
2. In a large skillet, melt the butter. Add broccoli stalks and florets; toss until coated. Season with salt and pepper. Sprinkle with Parmesan, and serve.