

Braised Broccoli Leaves

From the American Institute for Cancer Research

http://preventcancer.aicr.org/site/News2?abbr=pr_hf_&page=NewsArticle&id=23235&news_iv_ctrl=1128

Ingredients

- 1 bunch broccoli leaves (12-14 oz. with stalks or 1 bunch BroccoLeaf)
- 1 Tbsp. extra virgin olive oil
- 2-3 garlic cloves, peeled and each cut lengthwise into 5 slices
- 1/2 cup water
- Salt and freshly ground black pepper

Instructions

1. Lay a leaf on work surface with stem toward you. Run tip of small, sharp knife down both sides of center vein, then grasping stem, lift it and vein away from leaf and discard. Fold leaf in half lengthwise and set aside. Repeat, stacking stemmed leaves.
2. Stack 6 halves horizontally on work surface with curved side toward you. Roll leaves into a long tube. Using a large knife, cut leaves crosswise into 1/2-inch strips; there will be 6 to 7 cups.
3. In large skillet, heat oil over medium-high heat. Add garlic and cook, turning it several times, until it just begins to color, 1 to 2 minutes. Add greens and cook, stirring until they look shiny and dark and have collapsed, about 1 minute. Pour in 1/2 cup water. Spread greens over bottom of pan, cover tightly and cook 5 minutes. Uncover, and cook, stirring often, until all moisture has evaporated, 4 to 5 minutes. Off heat, season braised greens to taste with salt and pepper.

Makes 4 servings

Nutrition information per serving

Calories: 57	Dietary Fiber: 2 g
Total Fat: 3.5 g	Sodium: 24 mg
Saturated Fat: <1 g	Protein: 3 g
Cholesterol:	Carbohydrates: 5 g