



## **BRIAN'S BROCCOLI ALEOLI**

**1 pkg. fresh broccoli, washed  
and cut up**

**Place broccoli in open plastic  
bag & microwave for 2 min.**

**3 cloves fresh garlic, chopped  
2 Tbsp. light olive oil  
Sea salt & pepper to taste**

**Saute chopped garlic in olive  
oil until golden. Add salt,  
pepper & broccoli and stir fry  
1 minute. Serve hot.**