

# Wauwatosa Harvest of the Month

- December -

## Broccoli



### Broccoli Rabe

- 1 pound broccoli rabe, trimmed
- 5 tablespoons extra virgin olive oil
- 1 clove garlic, minced
- 1 tablespoon grated Parmesan cheese

### Directions

1. Bring a large pot of salted water to a boil. Cut an X in the bottom of the stems of the broccoli rabe and place in the boiling water. Cook until tender but still firm, about 5 minutes. Drain.
2. In a large heavy skillet over medium heat, heat olive oil and saute garlic for 1 to 2 minutes. Stir in the broccoli rabe and saute 10 to 15 minutes, or until desired doneness. Dust with parmesan cheese, if desired.



**Wauwatosa**  
HEALTH DEPARTMENT

For more information call 414-479-8936 or visit  
[www.wauwatosa.net/harvest](http://www.wauwatosa.net/harvest)