

Starters, Sides, and Complements

Broccoli Citron

**Vegetarian, Gluten-Free*

Lemon juice has the wonderful ability of livening up veggies! This side works well to complement a variety of meals. Give the base of this recipe a try with other veggies too.

You'll Need

- Enough Broccoli for everyone
- 3 - 4 pats of butter
- 1 teaspoon olive oil
- 1/2 lemon
- Salt and pepper to taste

Directions

- Cut the florets as you like them and put them in a steamer.
- Steam them for about 10 minutes. When they're done, they will change from a dusty dark green (if they are fresh, which they should be), to a back-lit, vibrant green. You'll know what I mean when you see them. Take them off the heat and uncover.
- Cut your pats of butter and olive oil and put them in a mixing bowl large enough to hold the broccoli. Then add in the salt and pepper, and squeeze in all the juice from the lemon.
- Throw in the steaming hot broccoli florets and turn them over so they get completely drenched. Keep doing this until the butter is melted.



Play with Your Food

- Top with some roasted or sautéed garlic
- Top with some roasted pine nuts
- Add in some steamed carrots
- Add in some sliced tomatoes
- Try this base with other veggies such as zucchini, asparagus, potatoes, etc

Medwell Kitchen Tested