

## Sautéed Garlic Broccolini

- 2 cups broccolini
- 3 garlic cloves, minced
- 1 tablespoon dried onion flakes
- 2 teaspoons butter or coconut oil
- Juice and zest of half a lemon
- Himalayan sea salt and freshly ground black pepper



1. Bring a saucepan filled with water to a boil. Add the broccolini and boil 3 to 4 minutes. Drain hot water and rinse broccolini with cold water.

2. Melt butter in a skillet over medium heat; then add garlic, lemon zest and the dried onion flakes. Cook until soft and fragrant, 2 to 3 minutes.

3. Add the broccolini to the skillet and toss everything until well coated. Continue cooking until the broccolini softens. Drizzle with lemon juice, season to taste, and give everything a good stir.

4. Cook another 2 to 3 minutes and serve immediately.

Makes 2 servings of vegetables.

2 vegetable servings = 2 cups raw or 1 cup cooked

