

## Sun-dried Tomato Broccoli

4 cups broccoli

2 teaspoons coconut oil

1/4 cup water

1/2 teaspoon Himalayan sea salt

1/2 teaspoon garlic powder

2 tablespoons chopped sun-dried tomatoes, **unsweetened**



1. Cut broccoli florets into bite size pieces.
2. Preheat a cast iron or stainless steel skillet over medium heat (at least 2 minutes)
3. Once the skillet is hot, add in avocado oil (or coconut oil).
4. Add the broccoli and let cook 6 minutes, stirring occasionally.
5. After 6 minutes, add 1/4 cup of water to the skillet and stir well.
6. Cook 2 more minutes, stirring frequently. After 2 minutes, take the broccoli off the heat and add the rest of the ingredients.

Serving Size = 1.5 - 2 cups