

Olive Oil & Garlic Steamed Broccoli



Want a super-easy side dish that packs an immunity-boosting punch? Turn to broccoli. One of the healthiest veggies out there, it is loaded with Vitamin A, Vitamin E, and plant-based iron, all of which help maintain a healthy immune system. It is an excellent source of Vitamin C as well, which promotes the formation of antibodies. It also contains the antioxidant sulphoramane, which attacks free radicals in our bodies that lead to illness. Pair it with your favorite Gustare Extra-Virgin Olive Oil. Our 2019 [Frantoio](#) from Spain currently offers the highest polyphenol concentration for the greatest anti-oxidant effect. Garlic Olive Oil is always a delicious choice as well. Or try my current favorite, [Gustare Sweet Butter Olive Oil](#), to add a luxurious layer of flavor that makes any veggie taste decadent.

Prep Time: 5 min

Cook Time: 20-25 min

Serves: 2-3

Vegan, Gluten-Free

Ingredients:

1 head broccoli, washed and cut into florets

2 Tbsp. your favorite Gustare Extra-Virgin Olive Oil

2 cloves garlic, pressed

[1830 Sea Salt](#) and freshly ground pepper to taste

Directions:

1. Prepare saucepot with steaming basket and ½ inch-1 inch of water.
2. Add broccoli and cover.
3. Bring water to boil. Then immediately reduce heat to low. Steam broccoli until crisp-tender, approximately 15 minutes. Drain broccoli and set aside in strainer.
4. Add Gustare Extra Virgin Olive Oil to pot. Increase heat to medium-low. Add pressed garlic and sauté 2-3 minutes, to soften but not brown.
5. Return broccoli to pot, toss with olive oil and garlic, and cook just to heat through, approximately 1 minute more.
6. Season to taste. Enjoy!

Note:

Oven-roasting is another super-easy cooking method that provides a ton of additional, effortless flavor. Just toss your broccoli florets in olive oil and seasoning of choice. Roast on a sheet pan for 20-25 minutes in a pre-heated 400 degree oven, and enjoy. Omit the pressed garlic in this method, as it will burn. This is especially delicious with [Gustare Sweet Butter Olive Oil](#). I can eat an entire head of broccoli on my own.