
Sauteed Broccoli with Mellow Garlic and Thyme

Fast, Fresh & Green, by Susie Middleton



Servings: 6

Notes: the broccoli stems will be the slowest to cook. If you or your family don't like firmer stems, slit each stem part way up from the bottom (so they'll cook through). Those cut ends will curl and not look all that great, but the broccoli will be cooked. I prefer using a larger skillet (12-inches) so most of the broccoli is in contact with the bottom of the pan.

1. In a 10 or more inch wide pan with straight sides (if possible), heat the olive oil over medium heat. Add the pancetta pieces in one layer and cook until they just start to bubble and shrink, about one minute. Add garlic and cook over low heat without stirring for 2-3 minutes, until the garlic has just begun to turn golden around the edges.
2. Continuing over low heat, add the broccoli, salt, and thyme, and cook, stirring frequently, until the broccoli begins to brown (the florets will start to brown the soonest). Cook for about 20-25 minutes. If you are using fresh thyme, remove the sprigs before serving, and taste for seasoning.

3 tablespoons olive oil

2 ounces pancetta, sliced into bite size pieces, or about 2 oz chopped

2 heads broccoli, trimmed into florets that each have a sliced side

10 cloves garlic, halved

1/2 teaspoon Kosher salt

6 sprigs fresh thyme, or 1 tsp. dry

Per Serving (excluding unknown items): 143 Calories; 8g Fat (46.4% calories from fat); 9g Protein; 12g Carbohydrate; 6g Dietary Fiber; 7mg Cholesterol; 467mg Sodium. Exchanges: 0 Grain(Starch); 1/2 Lean Meat; 2 1/2 Vegetable; 1 1/2 Fat.

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