

Broccoli with Garlic and Dried Cranberries

Author: A cooking class with Phillis Carey

*Carolyn T's
Main Cookbook*

Servings: 8



Description: Has both the savory and the sweet - you'd think this might not work, but it does.

1. Plunge broccoli in boiling salted water and cook for about 5 minutes or until just tender, but still vivid green in color. Drain and rinse in cold water to stop the cooking. (This part can be done several hours ahead; just leave the bowl out at room temp, covered with a damp paper towel.)
2. Heat olive oil (or butter) in a large skillet or wok over medium-low heat. Add garlic and cook gently for one minute. Add broccoli and cranberries and saute for about 3 minutes. Reduce heat to low and continue cooking until the broccoli is warmed through. Season to taste with salt and pepper.

8 cups broccoli florets

4 teaspoons olive oil, or butter

6 cloves garlic, minced

1 cup dried cranberries

Salt and pepper to taste

**Blog: Carolyn T's Blog:
<http://tastingspoons.com>**

*Per Serving (excluding unknown items): 45 Calories;
2g Fat (44.2% calories from fat); 2g Protein; 5g
Carbohydrate; 2g Dietary Fiber; 0mg Cholesterol;
20mg Sodium. Exchanges: 1 Vegetable; 0 Fruit; 1/2
Fat.*

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