

## ***Braised Broccoli Rabe (Rapini)***

Author: Emeril Lagasse, Food Network



***Carolyn T's  
Cookbook***

**Servings: 5**

*Description: Like broccoli, but thinner, holds its color well*

1. Bring a large pot of salted water to a boil. Add the broccoli rabe and blanch for 5 minutes. Drain and set aside.
2. In a large skillet, heat olive oil over medium heat. Add pancetta and saute for 4 minutes. Add garlic and crushed red pepper and cook for 2 minutes, or until the garlic is fragrant (but not burned). Add the broccoli rabe and chicken stock, partially cover the pan and cook until the greens are tender, about 5-7 minutes, stirring occasionally. Season with salt and pepper if desired. Serve hot or warm, with some of the cooking liquid ladled over the top.

**2 bunches broccoli rabe, about 3/4 pound**  
**4 tablespoons olive oil**  
**4 ounces pancetta, optional**  
**6 whole garlic cloves, peeled, thinly sliced**  
**1/4 teaspoon red pepper flakes**  
**1/2 cup chicken stock**

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

*Per Serving (excluding unknown items): 164 Calories;  
13g Fat (69.2% calories from fat); 8g Protein; 5g  
Carbohydrate; 2g Dietary Fiber; 16mg Cholesterol;  
843mg Sodium. Exchanges: 1 Lean Meat; 1  
Vegetable; 2 Fat.*