

Broccoli with Meyer Lemon Dressing, Italian Style

This Italian take on broccoli prep is simple, quick, and delicious.

1 Head locally grown broccoli broken into florets

Use as much of the stem or leaves that you would like. It's all good nutritious food

Juice of ½ locally grown Meyer Lemon

1 clove locally grown garlic, use garlic press

Dash of sea or kosher salt

2 TBS olive oil (or enough to make ratio 2 oil to 1 juice)

Whisk dressing ingredients together.

Steam or microwave broccoli till tender and mix with dressing.

Contributed by Anthony Gaudio, Sustainable Tallahassee, winter 2013