Broccoli Two Ways

**INGREDIENTS**
- Roasted broccoli stems, florets
- Broccoli, with long stems
- Oil or Butter
- Salt and pepper
- Parmesan cheese

**PEAK SEASON**
July–October
Preheat oven to 400 degrees, and bring a pot of water to a boil.

Trim the florets from the broccoli stems as normal and set aside. Peel the stems and cut them in half, lengthwise.

Toss the stems with oil to coat, and season liberally with salt and pepper.

Roast in a 400 degree oven for 10-15 minutes, or until soft and beginning to brown.

Meanwhile, quickly cook the broccoli florets in the boiling water for 30 seconds to a minute, and then remove them.

Heat a sauté pan over medium-high heat. Add a small film of oil or butter, 1-2 Tablespoons, and then add the broccoli florets. Season with salt and pepper. Once the broccoli is starting to soften fully, carefully add a small splash of water, and then shake the pan around. Taste for seasoning and adjust.

Serve the broccoli florets and stems together, topped with parmesan cheese.

Nutrition Fact:
Broccoli is a good source of vitamin C, helps reduce inflammation, and is great for your heart!

Recipe provided by
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