



stir fried broccoli

Try this easy cooking method for a delicious vegetable at your next meal.

- 3 cups chopped fresh broccoli
- 1 tablespoon olive oil
- ½ teaspoon garlic powder
- dash of salt and black pepper

Step 1 Place chopped broccoli in a skillet. Add ¼ inch of water to skillet. Cook over medium high heat until the water is gone and broccoli is crisp and tender, about 4-5 minutes.

Step 2 Add olive oil to broccoli. Stir and cook broccoli until it has some brown spots, about 2 minutes.

Step 3 Season with garlic powder, salt and black pepper.



Small children like vegetables that are a bright color, crisp and tender.



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