

Grilled Broccolini

Ingredients

1 lb. Broccolini or broccoli rabe, ends trimmed
1 tablespoon olive oil
2 garlic cloves, sliced
½ tsp salt
¼ tsp red pepper flakes
¼ tsp ground black pepper
Wedge of lemon

Instructions

1. Place all ingredients above, except the lemon wedge, in a zip lock bag and let marinate on the counter for 30 minutes.
2. Preheat grill 425°F.
3. Remove broccolini from the plastic bag and place on the grill. Cook for 3-5 minutes, turning often to avoid burning.
4. Place on serving dish and squeeze the lemon wedge over the grilled broccolini.
5. Serving size: 4 to 5 broccolini spears per person.

Broccolini, AKA baby broccoli, is similar to broccoli but with thinner, longer stalks and smaller clumps of florets. It's not bitter like broccoli rabe and cooks quite fast, making it an easy last-minute veggie side dish. After washing the broccolini, you'll need to shake out as much water as possible and then pat it dry with a kitchen towel. Also, if your broccolini stalks are thick, you can halve them to speed up the cooking time.

Serves 6

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