

# Broccoli Rabe



**Rapini** (commonly marketed in the United States as **broccoli rabe**) is a green cruciferous vegetable. The edible parts are the leaves, buds, and stems. The buds somewhat resemble broccoli, but do not form a large head. Rapini is particularly associated with Italian, Galician, and Portuguese cuisines. The flavor of rapini has been described as nutty, bitter, and pungent. Rapini is a good source of vitamins A, C, and K, as well as potassium, calcium, and iron.

## Garlicky Broccoli Rabe

Serves 6    Prep: 10 minutes    Cook: 8 minutes

### Ingredients

2 pounds broccoli rabe, trimmed  
1 teaspoon olive oil  
2 garlic, thinly sliced  
½ teaspoon salt  
½ teaspoon black pepper, freshly ground  
¼ teaspoon crushed red pepper flakes

### Directions

1. Cook broccoli rabe in boiling water 6 minutes or until crisp-tender. Drain and plunge broccoli rabe into ice water; drain. Coarsely chop (can be done ahead of time).
2. Heat oil in a non-stick skillet over medium heat. Add garlic; cook 2 minutes, stirring constantly. Stir in broccoli rabe, salt, and peppers. Cook until heated thoroughly.