**Sauteed Garlic Broccoli**

**Ingredients**
- 1 Tablespoon oil (canola, olive, or vegetable)
- 1 teaspoon garlic, minced
- 2 cups broccoli florets, fresh or frozen
- Salt and pepper, to taste

**Procedure**
Heat olive oil in a medium skillet over medium-low heat. Add garlic and cook until golden and fragrant, about 1 minute, stirring frequently.

Add broccoli and stir well to coat. Cook until bright green and tender, about 5 minutes, stirring occasionally.

Toss with salt and pepper to taste. Remove from skillet and serve immediately.

**Recipe Notes**
Like a little heat? Add 1/8 tsp of red pepper flakes. For a savory side dish, add a sprinkle of Parmesan cheese or nutritional yeast. Pair this with your favorite whole grain such as brown rice or whole wheat pasta and a protein source such as canned salmon, baked tofu or a fried egg.

**Prep Time** 5 min
**Cook Time** 10 min
**Total Time** 15 min
**Servings** 2