

PAN-ROASTED BROCCOLI OR CAULIFLOWER

Gnome Cooking

3 tablespoons water

$\frac{1}{4}$ teaspoon salt

$\frac{1}{8}$ teaspoon pepper

2 tablespoons vegetable oil

$1\frac{3}{4}$ pounds broccoli or cauliflower, florets and peeled stems cut into $1\frac{1}{2}$ -inch pieces (about 5 cups florets and $\frac{3}{4}$ cup stems)

Stir water, salt, and pepper together in small bowl until salt dissolves set aside. In 12-inch nonstick skillet with tight-fitting lid, heat oil over medium-high heat until just beginning to smoke. Add stems in even layer and cook, without stirring, until browned on bottom, about 2 minutes. Add florets to skillet and toss to combine; cook, without stirring, until bottoms of florets just begin to brown, 1 to 2 minutes longer.

Add water mixture and cover skillet; cook until tender-crisp, about 2 minutes. Uncover and continue to cook until water has evaporated, broccoli stems are tender, and florets are tender-crisp, about 2 minutes more, and serve.

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