



*Simple,  
Seasonal,  
Sustainable*

## Recipe of the Week

### ***Broccoli Rabe with Kalamata Olives***

#### **Ingredients:**

- ½ cup pitted Kalamata olives, drained, rinsed, and halved lengthwise
- ½ teaspoon crushed fennel seeds
- 3 tablespoons extra-virgin olive oil
- 1 ½ pound broccoli rabe
- 4 cloves garlic, peeled
- ¾ teaspoon fine sea salt
- ¼ teaspoon red pepper flakes

#### **Directions:**

1. Marinate the olives with the fennel and 1 tablespoon of the oil. Set aside.
2. Trim the base of the broccoli rabe from the stems and outer leaves. Using a paring knife, scrape the tough, stringy layer from the bottom inch or two of the stems.
3. Lightly crush the garlic and heat with the remaining olive oil in a large casserole or sauté pan with a lid over medium heat until the garlic is browned.
4. Add the broccoli and salt, and turn to coat. Add 1/3 cup water, cover, and cook until the stalks are tender, 5 to 6 minutes, turning from time to time.
5. Transfer to a serving platter and scatter the olives across the broccoli. Sprinkle the red pepper flakes on top.

Serves 4

150 calories, 10 g fat, 25 g carbohydrate,  
0 g protein, 440 mg sodium

Source: Oldways

