

BROCCOLI RICE WITH GARLIC, LEMON AND CHILI PEPPER

INGREDIENTS

- 3 broccoli stalks
- 1 tbsp. unsalted butter
- 1 small clove garlic, minced
- 1 tbsp. lemon zest
- Pinch crushed red pepper, optional
- Kosher salt and freshly ground black pepper
- 2 tbsp. freshly grated Parmesan

PREPARATION

1. Cut broccoli stalks into ½-inch chunks and put them into a food processor. Pulse until stalks get rice-like appearance.
2. Melt butter in a medium skillet over medium-low heat. Add garlic and stir for about 1 minute.
3. Increase heat to medium and add broccoli rice.
4. Cook, stirring often, until tender, for about 5 to 7 minutes.
5. Turn off heat, and stir in lemon zest and red pepper (if using) and season with salt and pepper.
6. Topped with Parmesan (for Maintenance only).
7. Enjoy!

