

ITALIAN BROCCOLI SALAD



SERVING SIZE

4



INGREDIENTS

ITEM

Broccoli Florets
Lemon Zest
Garlic Cloves, Minced
Extra Virgin Olive Oil
Fresh Lemon Juice
Crushed Red Pepper Flakes
Dijon Mustard

QUANTITY

8 Cups
1 Tbsp.
4
¼ Cup
¼ Cup
¼ Tsp.
1 Tsp.



PREPARATION

- Bring a pot of water to a boil. Add broccoli florets and blanch for 1-2 minutes until vibrant green but still crisp.
- Drain and transfer to a bowl of ice water to stop cooking. Drain again and set aside.
- In a small bowl, whisk together lemon zest, garlic, olive oil, lemon juice, red pepper flakes, and Dijon mustard until well combined.
- In a large bowl, add the broccoli and pour the dressing over it.
- Toss until the broccoli is well coated.
- Refrigerate for at least 30 minutes to let the flavors meld.
- Serve cold or at room temperature. Enjoy!