

Rainbow Broccoli Parmesan Recipe

Prep Time: 5 mins Cooking Time: 8 mins

Ingredients:

1 package colorful broccoli / cauliflower mix (about 3 cups white, green, purple and orange florets)
1 garlic clove (crushed)
1 tablespoon olive oil
1 tablespoon butter
1 teaspoon basil (chopped very finely)
2 tablespoons finely grated Parmesan + some for sprinkling
sea salt & freshly ground pepper

Blanch florets and set aside. Heat olive oil and butter in a large non-stick skillet over medium heat. Add garlic and saute for 2 minutes. Add broccoli and continue to saute for 5 minutes. Add basil, 2 tablespoons of Parmesan and salt and pepper to taste. Remove from heat. place in a serving bowl and sprinkle Parmesan on top of florets before serving. (Alternatively, add 3 to 4 cups cooked pasta to skillet and saute with florets for a few moments before transferring to a serving dish and garnishing with Parmesan.)

<http://www.cookingwithmykid.com/recipes/rainbow-broccoli-parmesan/>

Boil florets for 5 to 7 minutes.

Broccoli → $5\frac{1}{2}$ - 6 min.
Cauliflower → 7 min