



A TASTEFUL PLACE  
AT THE DALLAS ARBORETUM

## RECIPE

Hero Vegetable: **Broccoli**

### Quick Cooked Broccoli

**Ingredients:**

1 head broccoli, cut into florets  
4 cups water  
6 large garlic cloves, peeled  
2 Tbs salt

**Directions:**

Bring the water, garlic, and salt to a boil. Lower heat to medium high. Add half the broccoli florets. Cook for 4 minutes or until just tender and bright green. If the broccoli begins to darken, remove it immediately. It's cooked long enough. Remove the broccoli with a spider to drain as much water as possible. You can place the broccoli briefly on paper towels as well to soak up any excess water.

Repeat with the second batch of broccoli and serve immediately.