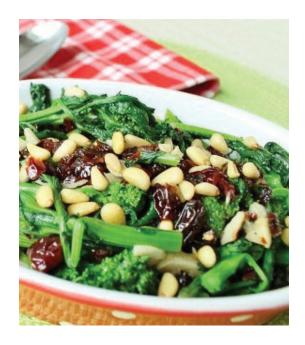
SWEET AND SPICY BROCCOLI RABE



Yield: 6 Servings



TOTAL TIME: 20 minutes

INGREDIENTS

- 4 bunches broccoli rabe (rapini), stems trimmed
- ¼ cup olive oil
- 3 garlic cloves, chopped
- ½ tsp. crushed red pepper flakes
- ½ cup raisins
- Salt to taste
- 2 Tbsp. pine nuts

PREPARATION

Preheat grill on HIGH 10 min.

- 1. Working in batches, cook broccoli rabe in a large pot of salted, boiling water for about a minute per bunch, or until just tender. Remove broccoli rabe from the boiling water and transfer to a bowl of ice water. Strain the broccoli rabe and set aside. Reserve about ¼ cup of the cooking water.
- 2. In a large skillet, heat the oil over medium heat. Add the garlic and red pepper flakes. Cook until garlic is golden, about a minute. Reduce the heat and add the blanched broccoli raab. Toss to coat the broccoli raab in the oil.
- 3. Add the raisins and reserved cooking water to the pan. Cook until the broccoli raab stems are tender, about 5 min. Remove from heat and toss with the pine nuts.
- 4. Serve hot or cold.

NUTRITION

Per serving: Calories: 169; Fat: 10 g (1 g saturated fat); Cholesterol: 0 mg; Carbohydrates: 13 g;

Protein: 9 g; Sodium: 197 mg.

Recipe courtesy of Running to the Kitchen