

# 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
- ⅓ cup raisins
- Salt to taste
- 2 Tbsp. pine nuts

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## 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