Fried Broccoli

submitted by apple_b

Per serving: 60 Calories • 5.5g Carbs (3.4g Fiber) • 3.7g Fat • 3.2g Protein

Ingredients

Ingredients scaled to: 4 serving

1 package (16 oz) **Broccoli** (453 grams)
1 tbsp **Olive oil** (13.5 grams)
1/2 tsp **Crushed red pepper flakes** (0.16 grams)
1 tsp **Salt** (6 grams)

Directions

Directions are based on the original recipe of 4 servings

1. Rinse and pat dry the broccoli.

2. Heat the olive oil in a large skillet over medium heat, add the crushed red pepper and heat 1 minute. Cook and stir the broccoli in the skillet until it begins to get crispy, 5 to 7 minutes. Season with salt to serve.