

Lemon Steamed Broccoli

submitted by deleted_595081



Per serving: 89 Calories • 11.7g Carbs (4.6g Fiber) • 4g Fat • 4.8g Protein

Ingredients

Ingredients scaled to: 4 serving

- 1 1/2 lb **Broccoli** (680 grams)
- 1 tsp **Salt** (6 grams)
- 1 tsp **Pepper** (2.1 grams)
- 1 tbsp **Olive oil** (13.5 grams)
- 1/2 tsp **Lemon juice** (2.5 grams)

Directions

Directions are based on the original recipe of 4 servings

1. Trim the broccoli into large florets.
2. Place the broccoli in a steaming basket over boiling water; cover and steam for 3 minutes.
3. Remove the lid for a moment, then cook, partially covered, until the stems are tender-firm, another 8-10 minutes.
4. Remove to a platter; season with salt and pepper, olive oil, and the lemon juice.