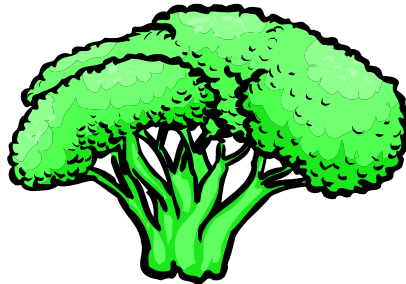


BROCCOLI WITH OLIVE OIL AND GARLIC

Contributed by Rick and Rosie

For lovers of broccoli and garlic....this is really simple very quick tasty and good for you.....what more can I say!



½ cup olive oil (you can use less)
½ cup chicken stock
6 medium garlic cloves, sliced thin lengthwise
2 ½ pounds broccoli, cut into ¾ -inch florets
Salt and freshly ground black pepper
Grated Parmesan cheese

Spaghetti or Angel Hair pasta

In a large skillet, heat the olive oil and garlic over moderate-to-high heat until the garlic turns a light golden color, 2 to 3 minutes. Add the broccoli and saute until it is dark green and tender-crisp, about 2 minutes. Add the chicken stock and let it reduce a bit, about 1-2 minutes

Immediately spoon the broccoli, garlic, and oil over cooked spaghetti or angel hair pasta. Season to taste with salt, black pepper, and a lot of freshly grated Parmesan cheese.

