

313 MAIN STREET
AMES, IA 50010
515.233.4272

M-W 9:30am-6pm
TH 9:30am-8pm
FR 9:30am-6pm
SA 9:30am-5pm



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Lemon Garlic Broccoli with Bacon

Makes 4 servings; Time to Prepare: 5 minutes; Time to Cook: 15 minutes

My grandfather makes an unbelievably simple dish with garlic, olive oil, and broccoli. Basically, the broccoli floats in a pool of olive oil; when you pierce a floret with your fork, you have to let it drip-dry for a moment before eating it! As much as I love his version, it always leaves me with a slight tummy ache. This recipe brings in extra flavor from the bacon while minimizing the amount of olive oil. Also, it uses the entire broccoli, stem and all! It's a recipe that showcases the extreme versatility of the spiralizer and what it empowers you to make out of everyday vegetables.

3 large broccoli heads with stems (see Tip below)
6 bacon slices
2 tablespoons olive oil
1/4 teaspoon red pepper flakes
Salt and pepper
5 medium garlic cloves, thinly sliced
Juice of 1 lemon and zest of half a lemon
3 tablespoons grated Parmesan cheese

1. Fill a large saucepan halfway with salted water and bring to a boil over high heat. Add the broccoli florets and broccoli noodles. Cook for 2 to 3 minutes or until easily pierced with a fork. Drain and pat dry.
2. Place a large skillet over medium heat and coat with cooking spray. When water flicked onto the skillet sizzles, add the bacon slices in an even layer, working in batches if needed, and cook for 3 minutes per side or until browned and crisp to your liking. Set aside on a paper towel-lined plate to drain.
3. Wipe out the skillet, return it to medium heat, and add the olive oil. When the oil is shimmering, add the broccoli florets, broccoli noodles, and red pepper flakes; season with salt and pepper. Cover and cook for 2 minutes, uncovering occasionally to toss. Add the garlic, lemon juice, and zest; cover and cook for another 5 minutes or until the broccoli is lightly browned.
4. Remove the pan from the heat and stir in the cheese. Toss to combine and serve warm.

Tip: Slice off the broccoli florets, leaving as little stem as possible, and set aside. Then spiralize the stems using Blade C (spaghetti-like cuts)

Nutritional Information: Serving Size: 1 heaping cup. Calories: 305, Fat: 12 g, Carbohydrates: 33 g, Sodium: 332 mg, Protein 16 g, Sugar: 8 g.