

## Roasted Lemon Garlic Broccoli

3 heads broccoli, separated into florets  
3 teaspoons extra-virgin olive oil  
1 1/2 teaspoon sea salt  
3/4 teaspoon ground black pepper  
2 clove garlic, minced  
1 teaspoon lemon juice

Directions: Preheat the oven to 400 degrees F (200 degrees C).

In a large bowl, toss broccoli florets with the extra virgin olive oil, sea salt, pepper and garlic. Spread the broccoli out in an even layer on a baking sheet.

Bake in the preheated oven until florets are tender enough to pierce the stems with a fork, 15 to 20 minutes. Remove and transfer to a serving platter. Squeeze lemon juice liberally over the broccoli before serving for a refreshing, tangy finish.

## Steamed Lemon Garlic Broccoli

2 bags (12 oz each) Green Giant™ Steamers™ frozen broccoli florets  
1 tablespoon olive oil  
3 cloves garlic, minced  
2 teaspoons zest of lemons  
salt and pepper

DIRECTIONS: Steam the broccoli for about 3-5 minutes or until the crispness that you prefer. Meanwhile, heat the oil in a fry pan over moderate heat and saute' the garlic until golden. Stir in the lemon zest. Put broccoli in a bowl pour the garlic and zest over it and serve immediately.

## Steamed & Sauteed Lemon Garlic Broccoli

2 bags (12 oz each) Green Giant™ Steamers™ frozen broccoli florets  
2 teaspoons olive or canola oil  
6 cloves garlic, finely chopped  
1 tablespoon grated lemon peel  
½ teaspoon salt  
1/8 teaspoon pepper

Directions: Cook broccoli as directed on package; set aside.

In 10-inch skillet, heat oil over medium heat. Cook garlic in oil about 1 minute, stirring frequently, until golden brown. Stir in broccoli; cook 1-2 minutes. Stir in lemon peel, salt and pepper.



## Cooking Methods Lab Follow-up

Complete the following as you sample and taste test each version of the Lemon Garlic Broccoli recipe.

Kitchen #1: Cooking Method: \_\_\_\_\_

Describe the taste, color & texture of the product.

Kitchen #2: Cooking Method: \_\_\_\_\_

Describe the taste, color & texture of the product.

Kitchen #3: Cooking Method: \_\_\_\_\_

Describe the taste, color & texture of the product.

Describe the similarities & differences between the three methods.

Which method did you like best and why?

