

Sautéed broccolini with garlic and chili  
Serves 8

2 bunches broccolini  
2 tablespoons olive oil  
1 large garlic clove, crushed and slivered  
1/8 teaspoon dried chili flakes

Rinse the broccolini and trim 1/4 inch off the cut ends. Cut into 1-inch segments or as desired.

Heat oil in a large sauté pan until shimmering over high heat. Reduce heat to medium. Add chili flakes and broccolini. Stir and add garlic. Continue stirring frequently to prevent garlic from burning. Cook until broccolini is al dente or tender. Serve with roasted lamb as featured in the March/April 09 issue of Just For Canadian Doctors (page 15).