



SKILL CARD

How to: SAUTÉ BROCCOLI

Step 1:

Cut your broccoli into bite-sized pieces, per the “How to Prepare Broccoli” skill card.

Step 2:

Add a quarter-sized splash of olive oil into a skillet and set to medium-high heat.

Step 3:

Add broccoli, and a pinch of salt.

Cook, stirring frequently, until broccoli is bright green and stems are tender.

