

# Microwave Cooked Broccoli



## TIPS:

- 1. Making the Most of Broccoli Nutrition & Crispness:** Not only is cooking broccoli in the microwave oven the quickest and easiest broccoli cooking method, it's also the best way to maximize broccoli's nutrient content and "al dente" (to the teeth) tender crispness.
- 2. Added Flavor:** Although quickly cooked broccoli tastes great on its own, this recipe

offers the option of easily adding more flavor with a shot of balsamic (or any) vinegar, a light dusting of grated Parmesan (or your favorite) cheese, and/or a good crunch of freshly ground black pepper.

**Preparation Time:** 1-2 minutes

**Cooking Time:** 1 minute per handful of broccoli

### **Ingredients** (per person)

**1 Big Handful of Fresh Broccoli**

**Ground Black Pepper**

**Balsamic** (or any) **Vinegar** (optional)

**Grated Parmesan** (or any) **Cheese**  
(optional)





## Equipment

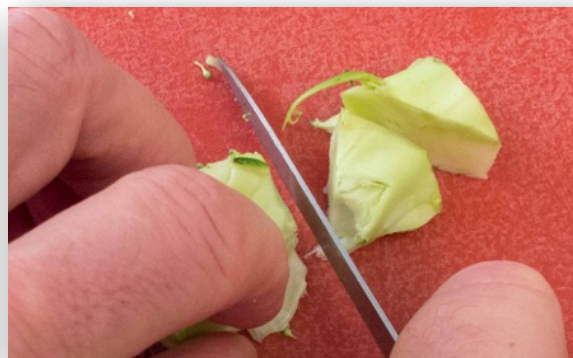
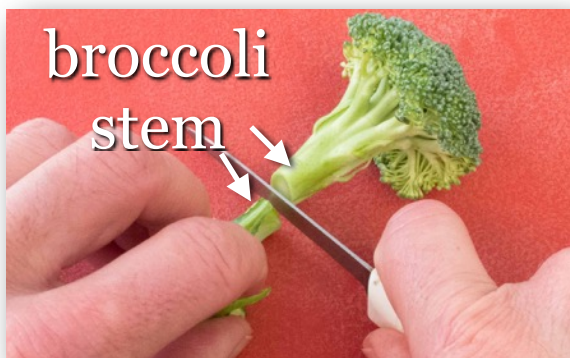
Microwave Oven Safe Bowl  
Small Sharp (Paring) Knife  
Cutting Board  
Microwave Oven



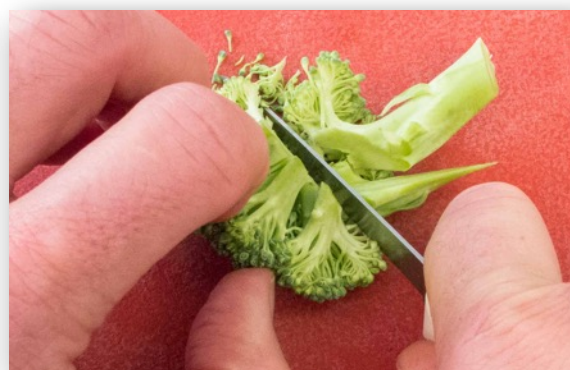
1. Break off **broccoli branches** from the **stem** by hand.



Use a sharp knife to cut the **broccoli stems** and...



...**florets** into bite-sized pieces, and...



...put the **broccoli pieces** in a *microwave oven safe bowl*.





2. Rinse the **broccoli** well in the bowl with cool tap water. Then cover the **broccoli** with one hand to keep the **pieces** in the bowl and drain off all the water.



3. Put the bowl in the middle of the microwave oven, and cook using HIGH heat for 1 minute per **handful of broccoli**. **NOTE:** *Cooking time will vary depending on the watt power of your microwave oven.* I used a 1200-watt microwave oven and cooked the **big handful of broccoli** you see here for 1 minute.



4. After cooking, **CAREFULLY** remove the bowl from the microwave oven and...



...either serve the **cooked broccoli** as is or...



...add an optional choice or combination of a **shot of balsamic** (or any) **vinegar**, a **light dusting of Parmesan** (or your



favorite) **cheese** and/or a **good crunch of ground black pepper**. until what you have looks about like...



...this.



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