

Skillet Broccoli Bits

To me, the stems are the best part of the broccoli. They have to be peeled to remove the fibrous, tough outer skin, but they are firm, nutty, and buttery inside. Here both the peeled stems and the florets are cut into pieces and sautéed in a skillet. A little water is added at first and the broccoli is covered to start the cooking process. After it evaporates, the broccoli is finished uncovered. This is especially good with **Cod in Olive-Tomato Crust**.

4 Servings

- 1 bunch broccoli (about 1 1/4 pounds)
- 1/4 cup water
- 2 tablespoons good olive oil
- 1/2 teaspoon salt

Cut the broccoli florets off the stems and divide the florets into 1- to 1 1/2-inch pieces. Peel the skin from the stems with a sharp knife or a vegetable peeler. Cut the peeled stems into 1-inch pieces.

Put the broccoli into a stainless-steel skillet and add the water, oil, and salt. Bring to a boil and cook, covered, over high heat for about 3 minutes. Remove the cover and cook over high heat for about 2 minutes, or until the water is gone and the broccoli is glazed and tender but still firm. Serve.