

Roasted Broccoli Raab with Lemon Scented Olive Oil, Garlic and Lemon Zest

Broccoli raab, aka broccoli rabe or rapini is a member of the Brassica (cabbage) family that includes our beloved arugula, bok choy, broccoli, brussel sprouts, cabbage, cauliflower, collards, horseradish, kohlrabi, mustard greens, radish, rutabaga and turnips. What a roll call of nutritional superstars! Although it resembles young broccoli, broccoli raab is closer genetically to turnips and mustard greens.

It has a natural bitter and nutty flavor. The bitterness can be calmed by adding an acid such as lemon juice or peel and by roasting. Pine nuts will enhance its nuttiness.

Ingredients

- 1 bunch broccoli raab, stems ends trimmed
- 2 Tablespoons olive oil (lemon scented olive oil if its at hand)
- 2 lemons, zested
- 4 cloves garlic, minced
- ¼ teaspoon salt
- 1 Tablespoon pine nuts, lightly toasted

Method

1. Preheat oven to 425F.
2. Arrange broccoli raab in a single layer on two baking sheets. Don't crowd it as you want to have a little crunch in the leaves.
3. Drizzle each sheet with half of the olive oil and sprinkle with half the zest and garlic each.
4. Massage the toppings into the broccoli raab very well, making sure its coated fairly evenly. Spread the stems back out every over the sheet.
5. Sprinkle salt over top of broccoli raab.

6. Roast for 10 minutes. Top with optional toasted pine nuts. Serve while hot.

Source: modified from <https://www.midlifecroissant.com/roasted-broccoli-rabe-pine-nuts/> (4 servings)
