How To Steam Broccoli

By Jennifer Segal



Learn how to steam broccoli to perfection using either a steamer basket or a large skillet—it's a quick and easy side dish for so many meals!

Servings: 4 to 6
Prep Time: 10 minutes
Cook Time: 5 minutes
Total Time: 15 minutes

INGREDIENTS

1¾ lbs broccoli crowns, cut into 1½-in (4-cm) florets
Salt, to taste

INSTRUCTIONS

1. **Steamer Basket Method:** Fill a large pot with about 1 in (2.5 cm) of water and bring to a rolling boil. Place the broccoli florets in a steamer basket (or metal colander) inside the pot. Cover with a tight-fitting lid, reduce the heat to low, and simmer for 6 to 8 minutes, or until the broccoli is bright green and tender-crisp. Once done, season with a bit of salt.

   Large Skillet Method: Fill a large skillet filled with just enough water to cover the bottom, and bring it to a simmer over medium heat. Place the broccoli florets directly in the skillet, and cover it with a lid. Steam the broccoli for 4 to 5 minutes on low heat, or until it's bright green and tender-crisp. Once done, season with a bit of salt.

NUTRITION INFORMATION

Per serving (6 servings)

Calories:	72kcal
Carbohydrates:	8g
Protein:	1g
Fat:	5g
Saturated Fat:	1g
Sodium:	199mg
Fiber:	2g
Sugar:	5g

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