

Frugal Foodie Friday: Barefoot Broccoli in a Lively Lemon-Garlic Saute

Is there such a thing as too much broccoli? No seriously. The fact that I ate half a pound of broccoli in one sitting doesn't indicate that I have a problem does it? Perhaps I have a slight love for those little green trees, or perhaps this recipe for Sautéed Lemon-Garlic Broccoli(ni) was just too darn good.

While broccoli may not seem adventurous to some, I really hadn't ventured beyond steamed and sprinkled with salt, so a new flavor or two was in order. It was my first recipe from Ms. Ina [aka the Barefoot Contessa], and she definitely did not let me down. Of course, I made a few little changes to the recipe to make it my own and to keep it dairy-free. I also found, that if you wanted to go lower in fat, you should be able to get away with just a wee bit less oil …