

Garlic Creamed Broccoli

Broccoli is one of my favorite vegetables. I almost always roast it, and it's delicious, but after awhile, even your favorite side dish can get boring.

Luckily, broccoli wears many hats, but it wears velvety garlic infused cream very well.

This recipe is super easy, super decadent (for a vegetable!) and makes a great keto-friendly side dish. You could add any number of things to this to make it better — bacon or cheese would be a good start — but the garlic, cream, and Ava Jane's Kitchen Citrus Salt and Pepper seasoning is arguably enough. The peppery seasoning blend does a great job of cutting the richness of the cream. This super fast side dish would be perfect with your favorite roasted or even grilled meats. I'm also thinking that you could add another vegetable in there as well. Brussels sprouts?

Next time. Definitely next time.

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Serves 4

Prep time: 20 minutes

Ingredients:

2 tablespoons Ava Jane's Kitchen Avocado Oil

1 head broccoli, cut into florets

4 cloves garlic, minced

1 tablespoon Ava Jane's Kitchen Citrus Salt & Pepper seasoning blend

1 cup heavy cream

Directions:

In a large, heavy skillet, heat the oil to medium heat. Add the broccoli, garlic, and the seasoning and stir until coated. Let cook for 2-3 minutes.

Add the cream. Turn the heat down and let simmer over medium low until broccoli is tender.

Serve immediately.