
Waukesha County
UW Extension
Farmers Market Fresh

Steamed Broccoli
with Lemon-Dill Dressing

Ingredients:

Serves 6

1 bunch broccoli (about 2 pounds)

3 carrots

Lemon-Dill Dressing:

6 tbs olive oil

2 tbs lemon juice

zest of one lemon, grated or minced

¼ tsp black pepper (optional)

1 tsp dried dill weed or 3 teaspoons fresh dill

salt to taste



Directions:

1. Combine all dressing ingredients in a sealed container and shake until mixed.
2. Wash, trim stems from broccoli and peel, cut into
3. 2-inch strips. Cut florets into small uniform pieces and set aside. Peel carrots and cut into 2-inch strips. Set aside.
4. Bring a large saucepan of water to a boil (or prepare the steamer). Add carrots and broccoli stems. Cook for one minute. Add broccoli florets and boil two minutes longer. Do not overcook. Drain, and rinse under cold running water, drain again.
5. Place in a large bowl and gently toss with dressing. Serve immediately.