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Waukesha County  
UW Extension

## Farmers Market Fresh

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### Steamed Broccoli with Lemon-Dill Dressing

*Ingredients:*

- 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
- 1/4 tsp black pepper (optional)
- 1 tsp dried dill weed or 3 teaspoons fresh dill
- salt to taste

Serves 6



University of Wisconsin, U.S. Department of Agriculture and Wisconsin counties cooperating.  
UW-Extension provides equal opportunities in employment and programming including Title IX and ADA

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## *Directions:*

1. Combine all dressing ingredients in a sealed container and shake until mixed.
2. Wash, trim stems from broccoli and peel, cut into 2-inch strips. Cut florets into small uniform pieces and set aside. Peel carrots and cut into 2-inch strips. Set aside.
3. 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 over cook. Drain, and rinse under cold running water, drain again.
4. Place in a large bowl and gently toss with dressing. Serve immediately.

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