

# Broccoli with Mushrooms

**Serves 6-8**

This vegetable dish is great for Thanksgiving, especially if you know of a local farm that grows broccoli or mushrooms. Chanterelles, portobello, oyster, king oyster or ordinary mushrooms all can work here. This dish can be partially prepared ahead and finished on the stovetop just before serving, leaving your oven free for bigger things.

- 1 to 1½ pounds broccoli**
- ¼ to ½ pound chanterelle mushrooms, wiped clean**
- ¼ cup extra virgin olive oil**
- 1 shallot, finely minced**
- 1 garlic clove, minced fine**
- ½ cup chicken broth or mushroom stock**
- Salt and pepper to taste**
- About 2 tablespoons unsalted butter or additional olive oil**

**Instructions:** Start bringing 1½ quarts of salted water to a boil in a large saucepan. Prepare a bowl of ice water.

Peel the broccoli stalk, then cut it into bite-size pieces (you should have 8-10 cups). Add the broccoli to the boiling water. When the water returns to a boil,

li and plunge it into the ice water to stop the cooking. Then drain again and pat dry. You may prepare this the morning of the feast (cover and refrigerate).

Cut the mushrooms as desired.

Just before serving, heat the olive oil in a large skillet or wok. Add the shallot and saute until it releases its aroma, then add the garlic. Add the mushrooms and saute for 1 to 2 minutes. Add the broccoli and stir and toss.

Add the broth or stock, cover the pan and bring to a boil. Uncover and season with salt and pepper. If necessary, cook, uncovered, to reduce the liquid. Stir in the butter or olive oil and serve immediately.

**Per serving:** 120 calories, 3 g protein, 6