

# Food Therapy



Host, Lynn Ogryzlo

Join Lynn every Saturday morning at 11 am for delicious discussions on health and wellness.

## ***Spitfire Broccoli***

1 head broccoli  
1/3 cup (80 mL) extra virgin olive oil  
4 garlic cloves, thinly sliced  
1 hot red chili, thinly sliced  
sea salt and freshly ground black pepper

Separate the broccoli into florets leaving some small stems. Heat oil over medium in a large wok. Add the chilies and garlic and stir to season the oil. Remove the garlic and chilies so they don't burn. Set aside.

Turn the heat to medium high and add half the broccoli, or as much as you can without overcrowding. Stir the florets around as they cook so they don't burn. Cook for approximately 5 minutes or until al dente. Transfer the broccoli to a heat-proof bowl and continue with another batch until all is cooked. Put the garlic and chilies back into the oil and pour it over the broccoli. Season well and toss.

Serves 4.



Recipe courtesy of food writer, Lynn Ogryzlo

Episode: Fasting with Megan Ramos

Email Lynn with questions or comments at  
[FOOD101program@gmail.com](mailto:FOOD101program@gmail.com)

**Because What You Eat Matters!**