FIT4LIFE: RECIPES

Baked Romanesco Broccoli with Mozzarella and Olive

Serving size: 4 to 6 **Prep. Time**: 60 minutes

INGREDIENTS

- Salt and pepper
- 2 or 3 medium heads Romanesco broccoli (about 3 pounds)
- 3 tablespoons extra-virgin olive oil, plus more for baking dish
- 1 pound fresh mozzarella, sliced
- 1 cup grated pecorino or Parmesan (about 2 ounces)
- 1 dozen soft black oil-cured olives, or another type of black olive, pitted
- 1 teaspoon roughly chopped capers
- 4 roughly chopped anchovy fillets
- 4 garlic cloves, minced
- ½ teaspoon crushed red pepper, or to taste
- Pinch of dried oregano

INSTRUCTIONS:

- 1. Put a large pot of well-salted water over high heat and bring to a boil. Heat the oven to 375 degrees.
- 2. Cut broccoli into quarters, trim away the core and any tough bits, and chop quarters into roughly 2-inch cubes. Transfer to boiling water and cook for 2 minutes. Drain and rinse with cool water.
- 3. Lightly oil a baking dish. Arrange blanched broccoli in one layer. Season lightly with salt and pepper.
- 4. Tear mozzarella slices and scatter over the top, then sprinkle with pecorino. Arrange olives here and there.
- 5. Stir together capers, anchovy, garlic, red pepper, and 3 tablespoons olive oil in a small bowl. Drizzle mixture evenly over the top.
- 6. Bake for about 30 minutes until cheese has browned a bit, and broccoli is tender when pierced with a fork.
- 7. Let rest 10 to 15 minutes before serving.
- 8. Sprinkle with a good pinch of dried oregano.

Source: cooking.nytimes.com - David Tanis

