

# 5-Minute Broccoli-rabe

## INGREDIENTS

1 bunch broccoli-rabe, rough chopped in large pieces

1 15-oz can cannellini beans (optional)

Olive oil

Garlic powder

Dried italian seasoning

Salt and pepper

## DIRECTIONS

- Put the broccoli-rabe in a microwave steamer basket. Add the beans.
- Add maybe a half cup of water, just enough to steam.
- Microwave on high for 5 minutes.
- Drain water out.
- Mix in olive oil, garlic powder, seasoning

