



## CAPTAIN COOK'S CREAMED BROCCOLI WITH PARMESAN

I'll say it again, kids will surprise you and eat their veggies if they have a hand in making the dish.

- $\frac{1}{2}$  bunch organic broccoli
- $\frac{1}{2}$  C organic heavy cream
- 1 garlic clove
- 1  $\frac{1}{2}$  Tablespoon grated parmesan
- $\frac{1}{4}$  teaspoon fresh lemon juice

1. Let your child rinse broccoli and pull of "trees".
2. Cook broccoli in boiling salted water for 4-6 minutes and drain.
3. Run cool water over to stop cooking.
4. Simmer cream, garlic, salt and pepper about 5 minutes until slightly thickened.
5. Remove from heat and add broccoli
6. Mash with potato masher until coarsely mashed.
7. Juice  $\frac{1}{2}$  lemon
8. Add cheese and lemon juice and stir