

SIDE DISH

Lemon Broccoli Rabe

6 October 2026

TOTAL TIME	PREP	COOK	SERVES	PER SERVING	CALORIES
20 min	10 min	10 min	4	\$1.17	145 kcal



You can never have too many side dish recipes, so give Lemon Broccoli Rabe a try. This recipe serves 4 and costs \$1.17 per serving. Watching your figure? This gluten free, primal, and ketogenic recipe has 145 calories, 6g of protein, and 13g of fat per serving.

Ingredients

- ☐ 2 bunches broccoli rabe, chopped
- ☐ 1 lemon, zested
- ☐ ¼ cup grated fresh Parmesan
- ☐ 4 servings Salt
- ☐ 1 gallon water
- ☐ 2 cloves garlic, minced
- ☐ 3 tablespoons extra-virgin olive oil
- ☐ 1 pinch Pinch red pepper flakes
- ☐ 4 servings Sea salt and freshly ground black pepper

EQUIPMENT Frying pan, Pot

Method

- 1 In a large sauce pot, bring 1 gallon of salted water to a boil.
- 2 Add the broccoli rabe and blanch for 2 minutes.
- 3 Drain.
- 4 Meanwhile, heat a large skillet over medium-high heat.
- 5 Add oil, garlic and red pepper flakes. Allow garlic to brown.
- 6 Add broccoli rabe to skillet with toasted garlic. Toss to combine. Toss in Parmesan and lemon zest. Season with salt and pepper. Cook over medium-high heat for 2 to 3 minutes.

Nutrition per serving

145	6 g	13 g	4 g
KCAL	PROTEIN	FAT	CARBS
Saturated Fat			2.6 g · 16% of daily needs
Fibre			3.3 g · 13% of daily needs
Sugar			0.6 g · 1% of daily needs
Sodium			380 mg · 17% of daily needs
Cholesterol			4.3 mg · 1% of daily needs
Vitamin C			25.2 mg · 31% of daily needs

Adapted from Foodnetwork. Find this recipe, ratings and more ideas at whatsheate.com/lemon-broccoli-rabe-148388