

SAUTEED SPIGARELLO from Farminista's Feast (serves 2 generously)

Ingredients:

- 1 large bunch spigarello, rinsed & cut into 6" lengths (*discard the fibrous stems)
- 2-3 tablespoons Extra-Virgin Olive Oil 3 cloves garlic, thinly sliced
- 2-3 tablespoons toasted pine nuts
- Pinch of red pepper flakes
- sea salt
- fresh ground pepper
- Fresh grated Parmesan cheese (optional)
- Drizzle of best quality Balsamic vinegar (optional)

Directions:

1. Add olive oil and sliced garlic to a cold sauté pan. Place the pan on the stovetop over medium heat until the garlic begins to turn brown (about 1 minute), stirring occasionally.
2. Add spigarello and sauté, stirring gently, until wilted (about 1-2 minutes more).
3. Add pepper flakes & pine nuts. Toss to distribute evenly.
4. Finish with a grind of sea salt & cracked pepper. If desired, use a microplane to grate some Parmesan cheese on top and finish with a drizzle of Balsamic vinegar.

