

Steamed Fresh Broccoli

LARGE HEAD OF BROCCOLI

WATER

SALT

PEPPER

1/4 STICK SALTED BUTTER

Wash broccoli and cut florets off head. Place a steamer basket in a medium saucepan and add 1 1/2 cups water. Put half broccoli in basket. Salt and pepper. Put in remaining broccoli and salt and pepper. Put lid on and bring to a boil. Boil 4 minutes and turn off. Drain, and toss broccoli in butter.

Stewed Summer Squash

5-6 PIECES SQUASH

WATER

SALT

PEPPER

1/4 STICK SALTED BUTTER

Pick out longer skinny squash (straight neck) for less seeds. Wash squash and cut off and discard ends. Cut squash up and place in medium saucepan covered with water. Bring to a boil. Continue boiling until squash is soft. Boil at least 20 minutes. Remove from heat and drain. Add salt and pepper to taste and butter.

Note: if you want onion add them chopped before boiling.