

1 pound of broccoli, washed and cut, including stems.  
1 small red onion, or your choice.  
3 medium cloves of garlic.  
1 lemon, juiced.  
1/2 cup of fresh basil.  
1/2 cup of feta.  
1/2 cup of sour cream.  
1/4 cup of parmigano.  
Olive oil.  
Cracked pepper.

Cut and steam the broccoli until tender, but not watery, about 6 minutes.

Dice and sauté the red onion, with the crushed and chopped garlic, in a small amount of olive oil. Remember, cook the onion first until translucent, or to your desired level of doneness, then add the garlic and sauté for an additional 60 seconds.

Add the steamed broccoli and cook for another 2 minutes, drop in the basil and cook until wilted. Transfer everything to the blender and puree until smooth, adding in the parmigano, sour cream and lemon juice.

Transfer back to the pan, simmer for 3 to 5 minutes and serve with a hearty pasta. I love farfalle and use exclusively the Italian Montebello organic line from Spruce Foods, available at all fine stores.