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Broccoli Rabe with Oil and Garlic

- 1 bunch broccoli rabe
- 3 tablespoons olive oil
- 3 cloves garlic, sliced
- 3/4 cup low-sodium chicken broth
- 1/2 teaspoon hot red pepper flakes (optional)
- salt, hot sauce to taste

Wash the rabe and trim off any yellowed parts. Trim off the stalk ends, cutting at a sharp angle, and, again with the knife at a sharp angle, cut the stalks in thirds. (This last instruction is optional: many Italian restaurants serve the stalks whole, for the diners to cut at table.)

In a roomy heavy-bottomed pot with a lid, saute the rabe in the oil over high heat, tossing constantly with tongs, for a couple of minutes. When the rabe is all coated with the oil and has turned a brighter green, add in the garlic, hot pepper flakes (if using) and broth. Cover tightly, lower heat to medium-high, and cook for 4 minutes. Toss the rabe with the tongs and replace the cover and let them sit in their steam for another 5-10 minutes. Season to taste.