

Garlic Lemon Sesame Broccoli

Ingredients:

2 pounds broccoli, stems removed, crowns cut into large florets
1 tablespoon Japanese sesame seasoning (gomashio) [optional]
3-4 Cloves Garlic
1 tablespoon lemon juice
1 teaspoon toasted sesame oil
Salt & Pepper to taste

Procedure:

Arrange a steamer in a large pot and add an inch of water to the pot. Cover and bring to a boil. Arrange broccoli in steamer, cover and steam, tossing once or twice, until just tender, 4 to 5 minutes. In a saucepan heat oil and add garlic until aromatic and golden. Transfer broccoli into oil and garlic then toss with gomashio, lemon juice and serve.

Nutritional Info:

Per Serving: 60 calories (15 from fat), 2g total fat, 0g saturated fat, 0mg cholesterol, 80mg sodium, 8g carbohydrate (4g dietary fiber, 0g sugar), 5g protein

Source: Wholefoods.com

