



Sesame Broccoli

Makes 4 (1 cup servings)

1-½ pounds broccoli (fresh or frozen spears)
1 teaspoon canola or olive oil
2 teaspoons sesame seeds
1 Tablespoon lemon juice
1 Tablespoon reduced-sodium soy sauce
2 teaspoons sugar

- Cut broccoli into large pieces and place in vegetable steamer over boiling water.
- Cover and steam 5-6 minutes or until bright green. Drain; place broccoli in serving bowl.
- Heat oil in small saucepan over medium heat. Add sesame seeds; cook until lightly browned. Add lemon juice, soy sauce, and sugar; bring to a boil. Remove from heat and pour over broccoli, stirring to coat.

Nutrition Information (per cup):

Calories: 77
Fat: 2.2g
Saturated Fat: 0g
Carbohydrates: 11g
Fiber: 5g
Protein: 6g