



## Sesame Ginger Broccoli

A flavorful Asian side dish.

<u>U.S.</u>		<u>Metric</u>
1 lb	Broccoli, cut into florets	455 g
2 tsp	Toasted Sesame Oil	10 mL
1 each	Shallot, diced small	1 each
2 cloves	Garlic, minced	2 cloves
1 Tbsp	Ginger, fresh, grated	6 g
1 Tbsp	Soy Sauce, low sodium	15 mL
1/8 tsp	Red Pepper Flakes	0.3 g
1 tsp	Sesame Seeds, black or white	3 g

### Preparation:

1. Gather all ingredients and equipment.
2. In a large pot, boil 3 quarts of water. Blanch broccoli by boiling until just tender (about 1-2 minutes). Shock by placing in a bowl filled with ice water. Set aside.
3. In a medium sauté pan, heat the sesame oil over medium heat. Add the shallot and cook until translucent, about 2 minutes. Avoid browning.
4. Add broccoli, garlic, ginger, soy sauce and pepper flakes and cook, stirring frequently, for another minute.
5. Turn off the heat and toss in the sesame seeds. Serve warm and enjoy.

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## Nutrition Facts

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4 Servings

**Serving size**                      **1/2 cup**

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**Amount per serving**

**Calories**                              **70**

Calories from Fat                      30

**Total Fat**                              3 g

    Saturated Fat                      0 g

    Trans Fat                              0 g

    Monounsaturated Fat              1 g

**Cholesterol**                          0 mg

**Sodium**                                  170 mg

**Total Carbohydrate**                8 g

    Dietary Fiber                      0 g

    Total Sugars                        1 g

    Includes 0g Added Sugars

**Protein**                                  4 g

Vitamin D                                0 %

Calcium                                  6 %

Iron                                        6 %

Potassium                                385 mg

Phosphorus                               85 mg

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