



Sesame Ginger Broccoli

A flavorful Asian side dish.

U.S.

1 tsp	Sesame Seeds, toasted
1 Tbsp	Toasted Sesame Oil
1 each	Shallot, diced small
1 lb (about 2 heads)	Broccoli, cut into 1" florets
2 cloves	Garlic, minced
1 Tbsp	Ginger, fresh, grated
2 Tbsp	Soy Sauce, reduced sodium
2 Tbsp	Water
1/8 tsp	Red Pepper Flakes, optional

Metric

3 g
15mL
1 each
455 g (about 2 heads)
2 cloves
6 g
30mL
30mL
0.3 g

Preparation:

1. Gather all ingredients and equipment.
2. Toast sesame seeds by placing a small skillet over medium high heat and adding the sesame seeds. Toast until golden brown, stirring occasionally, about 3-5 minutes. Immediately remove seeds from the pan to prevent burning (the hot pan will continue to toast the seeds after you turn off the heat).
3. In a medium sauce pot, heat the sesame oil over medium heat. Add the shallot and cook until translucent, about 1 minute. Avoid browning.
4. Add broccoli, garlic, and ginger. Saute for 1-2 minutes, until fragrant.
5. Add soy sauce, water, and red pepper flakes (optional). Cover pan with a lid or tin foil. Allow to steam until broccoli is bright green and tender, but not mushy, about 1 minute. Add more water if necessary to finish cooking broccoli to desired doneness.
6. When the broccoli is done, turn off the heat and add the toasted sesame seeds. Serve warm and enjoy.

Nutrition Facts

8 Servings

Serving size 1/2 cup

Amount per serving

Calories 45

Calories from Fat 20

Total Fat 2 q

Saturated Fat 0 q

Trans Fat 0 q

Monounsaturated Fat 1 q

Cholesterol 0 mg

Sodium 160 mg

Total Carbohydrate 5 q

Dietary Fiber 2 q

Total Sugars 1 q

Includes 0g Added Sugars

Protein 2 q

Vitamin D 0 %

Calcium 2 %

Iron 2 %

Potassium 187 mg

Phosphorus 36 mg
