Broccoli saute

Recipe credit

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About this recipe

Serves
4
Serving size
1/4 of prepared recipe
Time to make
15 minutes preparation; 5 minutes cook time
Special criteria
Vegetarian recipes

Ingredients

- 3 cups broccoli
- 1 medium bell pepper
- 1 tablespoon olive or canola oil
- 2 tablespoons sesame seeds

Directions

1. Wash broccoli and cut into 1-inch pieces.
2. Wash pepper and slice into 1/4 inch wide slices.
3. Heat oil over medium heat. Add broccoli and saute for 2 minutes.
4. Add sesame seeds and continue to saute for another minute.
5. Add pepper slices and saute for 1 more minute, keeping them crisp.

Tips and variations

- This dish is great served hot or cold.
- Add two varieties of bell peppers for a more colorful dish!
- If you have leftover cooked meat, chop it and add it to the pan at the same time as the sesame seeds. Serve with brown rice.
- Add leftover broccoli saute to salads, wraps, pizza, or scrambled eggs.
- This is a great dish to make with your kids. It might even get them to eat their vegetables!

Nutritional info

Calories
59
Total fat
6 g
Saturated fat
0.8 g

Cholesterol
0 mg
Sodium
25 mg
Total carbohydrates
7 g
Dietary fiber
3 g
Protein
3 g
Total sugar
2 g

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