



Sauteed Broccoli with Roasted Red Peppers

Active Time: 20 minutes | **Total Time:** 20 minutes | **Serves:** 4

Nutrition Information Per Serving

76.3 calories, 8.95 g carbohydrate, 3.25 g fiber, 5.7 g NET carbs, 3.06 g protein, 3.96 g fat

Ingredients

- 4 cup(s), chopped organic broccoli
- 2 clove(s) organic garlic, minced
- 1 cup chopped organic roasted red peppers
- 1/4 cup(s) filtered water
- 1/2 tsp(s) sea salt
- 1/2 tsp(s) freshly ground black pepper
- 1 Tbsp organic extra virgin olive oil

Preparation

1. Add oil to a large, safe non-stick skillet and heat over medium heat.
2. Add garlic and sauté until fragrant.
3. Add broccoli and water. Cook until broccoli is bright green and crisp-tender, 5-8 minutes.
4. Stir in roasted red peppers; season with salt and pepper.
5. Transfer to serving dishes.
6. Serve.

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