



Ginger-Sesame Broccoli

Active Time: 5 minutes | **Total Time:** 5 minutes | **Serves:** 2

Nutrition Information Per Serving

79.3 calories, 6.54 g carbohydrate, 2.55 g fiber, 3.99 g NET carbs, 2.82 g protein, 5.51 g fat

Ingredients

- 2 cup(s), chopped broccoli
- 2 tsp(s) toasted sesame seed oil
- 1 tsp sesame seeds
- 1/4 tsp(s) sea salt
- 1/2 inch(es)(s) ginger, grated

Preparation

1. Add one inch of water to a saucepan. Bring to a simmer.
2. Add broccoli florets and cover, cooking 2 minutes to bright green and crisp-tender. Drain the water. Transfer broccoli to serving dish and cover to keep warm.
3. Return pan to stove. Add sesame oil and ginger to the pan. Saute over medium low-heat 2-3 minutes. Add the broccoli and stir to coat. Sprinkle with sea salt.
4. Transfer ginger-broccoli to serving dish. Sprinkle with sesame seeds and serve.

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