

Recipe for



Broccoli Saute

SERVES 1

PREP TIME/TOTAL

TIME Approx 5 min/ 10 min

NUTRITION INFORMATION

Total Calories 108.4

Fat 2.7 g

Protein 3.8 g

Carbohydrates 21.2 g

Fiber 7.5 g

INGREDIENTS

1 broccoli split into about 20 florets

½ tsp salt

1/8 tsp asophotida

½ tsp of mustard seeds

¼ tsp of chili powder(optional)

1 table spoon of lemon juice

DIRECTIONS

Place about 20 medium sized broccoli florets in a large bowl filled with water and let soak. Place skillet on medium high on stove and add 1/2 tsp of mustard seed. When mustard seeds start to pop, add the broccoli which was soaking in water. Do not add any additional water add 1/2 tsp of salt, 1/8 tsp of asophotida, 1/4 tsp of chili powder(optional if you want to add some heat) When broccoli turns dark green, there should still be a bit of water at the bottom of the skillet. Cover the skillet for about 30-45 seconds, to soften the broccoli a bit but it will still be crunchy. Remove from heat and add 1 table spoon of lemon juice (preferably fresh squeezed) and enjoy!

