



# Sesame Ginger Broccoli

**Yield: 4 servings**

## Ingredients

- 1 pound broccoli, cut into florets
- 2 teaspoons toasted sesame oil
- ¼ cup diced onion
- 2 teaspoons minced garlic
- 1 tablespoon grated fresh ginger
- 1 tablespoon soy sauce, low sodium
- ⅛ teaspoon red pepper flakes
- 1 teaspoon sesame seeds, black or white

## Instructions

1. In a large pot, boil 3 quarts of water. Blanch broccoli by boiling until just tender about 1 to 2 minutes. Shock by placing in a bowl filled with ice water. Set aside.
2. In a medium sauté pan, heat the sesame oil over medium heat. Add the onion and cook until translucent, about 2 minutes. Avoid browning.
3. Add broccoli, garlic, ginger, soy sauce and pepper flakes and cook, stirring frequently, for another minute.
4. Sprinkle with sesame seeds.

## Nutrition Information

- Serving Size:** ½ cup  
Calories: 70  
Total Fat: 3 g  
Saturated Fat: 0 g  
Monounsaturated Fat: 1 g  
Sodium: 170 mg  
Total Carbohydrate: 8 g  
Dietary Fiber: 3 g  
Sugars: 1 g  
Protein: 4 g

Source: Health meets Food



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