



### **Sesame Broccoli**

Makes 4 (1 cup servings)

- 1-½ pounds broccoli (fresh or frozen spears)
- 1 teaspoon canola or olive oil
- 2 teaspoons sesame seeds
- 1 Tablespoon lemon juice
- 1 Tablespoon reduced-sodium soy sauce
- 2 teaspoons sugar

- Cut broccoli into large pieces and place in vegetable steamer over boiling water.
- Cover and steam 5-6 minutes or until bright green. Drain; place broccoli in serving bowl.
- Heat oil in small saucepan over medium heat. Add sesame seeds; cook until lightly browned. Add lemon juice, soy sauce, and sugar; bring to a boil. Remove from heat and pour over broccoli, stirring to coat.

#### Nutrition Information (per cup):

Calories: 77

Fat: 2.2g

Saturated Fat: 0g

Carbohydrates: 11g

Fiber: 5g

Protein: 6g