

# Sesame Ginger Broccoli



*A simple and delicious side dish that comes together quickly and packs a lot of flavor! Gently steaming the broccoli retains its beneficial vitamins & minerals.*

YIELD	PREP TIME	TOTAL TIME
16 SERVINGS	10 MIN	30 MIN

## INGREDIENTS

2 tsp	Sesame Seeds
2 Tbsp	Toasted Sesame Oil
2 each	Shallots, small dice
2 lb	Broccoli, cut into bite sized florets (about 3 crowns/12 cups chopped)
4 cloves	Garlic, minced
2 Tbsp	Ginger, fresh, peeled, grated (1-2")
¼ cup	Soy Sauce, reduced sodium
¼ cup	Water
¼ tsp	Red Pepper Flakes (optional)

## CHEF'S NOTES

This versatile side dish can be made using a mix of your favorite vegetables, too. Try adding bell pepper, carrot, or sugar snap peas for added color and flavor.

You can easily add a protein like tofu, chicken or shrimp to make this dish a complete meal.

## DIRECTIONS

1. Gather all necessary equipment and ingredients. Prepare all ingredients as described above.
2. Toast the sesame seeds: Heat a small pan over medium high heat. Add the sesame seeds. Toast until golden brown, stirring occasionally, about 2-4 minutes. Immediately remove the seeds from the pan to prevent burning and set aside (the hot pan will continue to toast the seeds after you turn off the heat).
3. In a large sauce pot, heat the sesame oil over medium heat. Add the shallot and cook until translucent, about 1 minute. Avoid browning.
4. Add the broccoli, garlic, and ginger to the pot. Continue to sauté until fragrant, about 1-2 minutes.
5. Add the soy sauce, water, and red pepper flakes (optional). Cover the pot with a lid to allow the broccoli to steam until it is bright green and tender, but not mushy, about 5-7 minutes. If necessary, add more water to finish cooking the broccoli to desired doneness.
6. When the broccoli is done, turn off the heat and add the toasted sesame seeds. Mix well to combine and serve warm.

# Nutrition Facts

16 servings per container

**Serving size** 1/2 cup (82g)

**Amount Per Serving**

**Calories** 35

**% Daily Value\***

**Total Fat** 0.5g 1%

Saturated Fat 0g 0%

*Trans* Fat 0g

**Cholesterol** 0mg 0%

**Sodium** 170mg 7%

**Total Carbohydrate** 6g 2%

Dietary Fiber 2g 7%

Total Sugars 1g

Includes 0g Added Sugars 0%

**Protein** 2g

Vitamin D 0mcg 0%

Calcium 40mg 2%

Iron 0.6mg 4%

Potassium 230mg 4%

\* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

CONTAINS: WHEAT, SOY, SESAME

Recipe adapted from *Health meets Food*, "Sesame Ginger Broccoli"



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