



Recipes

Greens

Sautéed Broccoli

Prep Time: 5 minutes

Cooking Time: 10 minutes

Yield: 4 servings

Ingredients:

- 1 bunch broccoli
- 1/2 cup grated carrot
- 1/4 cup toasted sesame seeds
- 1 tablespoon olive oil
- sea salt and freshly ground black pepper

Directions:

1. Wash broccoli, cut off and peel the outside of the stalk, slice into pieces and put aside.
2. Cut the florets into bite-size pieces.
3. Warm oil in a pan, add stalk pieces and sauté for a few minutes.
4. Add broccoli florets, then sauté for about 2 minutes.
5. Add 3 tablespoons of water and grated carrots. Cover and allow to steam for about 3-4 minutes and remove from heat.
6. Add toasted sesame seeds, sea salt and black pepper. Serve.