



Steamed Broccoli

4 Servings • 1 Serving = ¼ Cup

INGREDIENTS

- ½ head broccoli, cut into medium sized florets
- 1 teaspoon toasted sesame oil
- 1 teaspoon less sodium soy sauce
- Lemon juice, to taste
- Freshly ground black pepper, to taste
- Dash of coarse sea salt

DIRECTIONS

1. Fill a medium sized pot with water about ¼ full. Place a mesh sieve in the pot, making sure the bottom of the sieve doesn't touch the water. Bring the water to a boil, then turn the heat down to a strong simmer.
2. Place broccoli florets into the sieve, cover the pot, and steam for 7-10 minutes, depending on the size of the florets. The broccoli should be a bright green color and crunchy when ready.
3. Remove the broccoli from the sieve and place in a large bowl.
4. In a small bowl, combine sesame oil, soy sauce, lemon juice, pepper, and salt.
5. Pour mixture over broccoli.

Nutrition Facts

4 servings per container

Serving size

1/2 cup

Amount per serving

Calories

25

% Daily Value*

Total Fat 1.5g 2%

Saturated Fat 0g 0%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 150mg 7%

Total Carbohydrate 3g 1%

Dietary Fiber 1g 4%

Total Sugars 1g

Includes 0g Added Sugars 0%

Protein 1g

Vitamin D 0mcg 0%

Calcium 21mg 2%

Iron 0mg 0%

Potassium 143mg 4%

*The % Daily Value 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.

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