BROCCOLI

SERVES 4

Serve hot or cold.

INGREDIENTS

3 cups broccoli, chopped
1 medium bell pepper
1 tablespoon olive oil (or canola oil)
2 tablespoons sesame seeds

DIRECTIONS

1. Wash broccoli and cut into 1 inch pieces.
2. Wash pepper and slice into ¼ inch wide slices.
3. Heat oil over medium heat, add broccoli, and sauté for 2 minutes.
4. Add sesame seeds and continue to sauté for another minute.
5. Add pepper slices and sauté for 1 more minute keeping them crisp.

SNAP-ED

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AT www.extension.umn.edu/nutrition

NUTRITION INFORMATION:

Calories: 87
Fat: 6.0 grams (g)
Saturated Fat: 0.8 grams (g)
Trans Fat: 0 grams (g)
Cholesterol: 0 milligrams (mg)
Carbohydrates: 7.2 grams (g)
Dietary Fiber: 2.9 grams (g)
Protein: 3.0 grams (g)
Sodium: 24 milligrams (mg)
Vitamin A: 27%
Calcium: 8%
Vitamin C: 161%
Iron: 7%

(Revised 8/2014)