

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.**