

Broccoli with Garlic and Ginger

Ingredients:

- 2 pounds broccoli
- 2 tbsp. garlic, minced
- 2 tbsp. fresh ginger, minced
- 1 ½ tbsp. extra virgin olive oil
- 2 tbsp. lemon juice
- ¼ tsp. salt
- 2 tsp. soy sauce



(c) Cooking On the Side

Nutrition Facts

Serving Size 1/2 cup (227g)
Servings Per Container 4

Amount Per Serving

Calories 120 **Calories from Fat** 50

% Daily Value*

Total Fat 6g **9%**

Saturated Fat 1g **5%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 240mg **10%**

Total Carbohydrate 13g **4%**

Dietary Fiber 6g **24%**

Sugars 0g

Protein 6g

Vitamin A 120% • Vitamin C 320%

Calcium 10% • Iron 10%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

		2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4



Directions:

1. Chop ginger and garlic very fine.
2. Heat oil in a non stick skillet on medium and add garlic and ginger, after about 30 seconds, add garlic and cook till slightly browned and hot.
3. Sprinkle with lemon juice and salt.