

Broccoli A La Speck

Rev. Richard Speck

Unitarian Universalist Fellowship of Vero Beach, FL 2000

Servings: 6

*2 stalks broccoli
lemon juice
sugar
mayonnaise*

Wash the broccoli and cut into small florets.

Steam until tender.

Place the broccoli in a bowl.

Add the lemon juice and sugar, to taste.

Add enough mayonnaise to cover the broccoli with a thin coat. Mix well.

Adjust the mixture of lemon juice and sugar to obtain a sweet-and-sour taste with the broccoli.

Serve warm.

Per Serving (excluding unknown items): 57 Calories; 1g Fat (8.7% calories from fat); 6g Protein; 11g Carbohydrate; 6g Dietary Fiber; 0mg Cholesterol; 55mg Sodium. Exchanges: 2 Vegetable.