

# **Crunchy Peanut Broccoli**

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**Servings: 4**

**Preparation Time: 20 minutes**

**Start to Finish Time: 30 minutes**

**salt and pepper**

**1 pound broccoli florets**

**2 tablespoons vegetable oil**

**1/4 cup roasted, unsalted peanuts, chopped**

**1 small shallot, finely chopped**

**1 teaspoon lower-sodium soy sauce**

**1 green onion (green parts only), thinly sliced**

Heat large covered saucepot of water to boiling on high.

Fill a large bowl with ice and water.

Add one teaspoon of salt, then broccoli, into the boiling water. Cook uncovered for 3 to 4 minutes or until bright green and crisp-tender.

Drain, then transfer to the bowl of ice water. When cool, drain well. Place between paper towels to dry completely.

Broccoli can be refrigerated in an airtight container or resealable plastic bag up to overnight.

In a 12-inch skillet, combine the oil and peanuts. Cook on medium heat for 4 to 5 minutes or until the nuts are golden, stirring occasionally.

Stir in the shallot and cook for 1 minute.

Stir in the soy sauce, then the broccoli. Sprinkle 1/4 teaspoon salt and 1/4 teaspoon of freshly ground black pepper all over.

Cook for 2 minutes or until heated through and the broccoli is evenly coated with nut mixture, stirring and tossing.

Garnish with green onion.

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Per Serving (excluding unknown items): 95 Calories; 7g Fat (62.4% calories from fat); 3g Protein; 6g Carbohydrate; 3g Dietary Fiber; 0mg Cholesterol; 31mg Sodium. Exchanges: 1 Vegetable; 1 1/2 Fat.