

# **Sesame Broccoli**

Cooking Light Test Kitchen

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**Servings: 4**

**1 package (12 ounces) broccoli florets**

**1 teaspoon toasted sesame seeds**

**1 tablespoon dark sesame oil**

**1/4 teaspoon Kosher salt**

**1/4 teaspoon freshly ground black pepper**

Add water to a large saucepan to a depth of one inch. Set a large vegetable steamer in the pan. Bring the water to a boil over high heat.

Add the broccoli florets to the steamer. Steam the broccoli, covered, for 4 minutes or until crisp tender.

Place the broccoli in a medium bowl.

Add the sesame seeds, sesame oil, salt and pepper to the broccoli. Toss well.

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Per Serving (excluding unknown items): 35 Calories; 4g Fat (93.2% calories from fat); trace Protein; trace Carbohydrate; trace Dietary Fiber; 0mg Cholesterol; 119mg Sodium. Exchanges: 0 Grain(Starch); 0 Lean Meat; 0 Vegetable; 1/2 Fat.