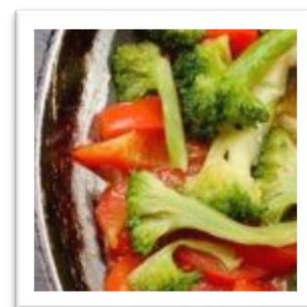


Asian-style Broccoli

Ingredients

- 3 tbsp soy sauce
- 1 tbsp fresh lemon juice
- 1 tsp toasted sesame oil
- 8 cup Broccoli, florets, baby, frozen
- 2 each medium red bell peppers



Directions

1. To prepare sauce, combine in a small bowl soy sauce, lemon juice, and sesame oil. Set aside.
2. Place a steamer basket in a 12-inch skillet. Add enough water to come just below bottom of basket. Bring to boil, place broccoli in steamer basket, reduce heat to medium low. Cover and steam for 4 minutes. Add sweet peppers. Cover and steam for an additional 3 to 4 minutes or until vegetables are crisp-tender.

Makes 12 servings.

Nutrition Facts:

Calories 32
Total Fat .5g
Total Carbohydrates 4.4g
Dietary Fiber 1.7g
Protein 1.2g

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