



Roasted Sesame Broccoli



PREP TIME
10 min

COOK TIME
20 min

SERVINGS
2

COST PER SERVING
\$0.72

Ingredients

- 1.5 cups broccoli florets (fresh or frozen)
- 1 Tablespoon oil (olive, vegetable, or canola)
- ½ Tablespoon sesame oil
- ¼ teaspoon ground ginger
- ½ Tablespoon sesame seeds
- 1 Tablespoon soy sauce

Recipe Notes:

An easy way to check if the broccoli is done: using a fork, pierce the broccoli stem. If you like crunchier vegetables, cook until it is somewhat easy to pierce stem. If you like more tender broccoli, cook until stem is easily pierced with fork. Pair this with your favorite whole grain and a protein source for a tasty and filling meal.

Procedure

1. Wash hands with soap and warm water for 20 sec.
2. Preheat oven to 425F. Cover a sheet pan with parchment paper.
3. In a small bowl, whisk together olive oil, ginger, sesame seeds and soy sauce.
4. Add broccoli to bowl and toss with dressing to coat.
5. Spread Broccoli in one layer onto baking sheet and bake for 20 minutes
6. Serve & enjoy!
7. Store leftovers in air-tight container in the refrigerator for up to 4 days.



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