

# Broccoli with Balsamic Vinaigrette



## Ingredients

6 heads broccoli, cut into small florets                      1/3 cup olive oil  
1/2 cup balsamic vinegar  
1/2 tsp black pepper  
2 Tbsp honey  
2 Tbsp Dijon mustard  
4 cloves garlic cloves, minced  
2 Tbsp lemon juice

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## Instructions

Bring a pot of water to boil. Blanch broccoli for 3 minutes in boiling water. Remove broccoli from water and place on a baking sheet and cool in refrigerator.

In a bowl, whisk together balsamic vinegar, black pepper, honey, Dijon mustard, garlic, and lemon juice. Whisk in olive oil until incorporated.

Pour vinaigrette over cooled broccoli to coat evenly. (Can serve warm - do not cool broccoli after blanching, pour vinaigrette over broccoli and serve.)

## Nutrition Information Per Serving

Serving Size: 1 cup

12 servings

Calories: 110

Fat: 6 gm

Sodium: 95 mg

Fiber: 2 gm

Carbohydrates: 12 gm

Protein: 3 gm