

Broccoli with Balsamic Vinaigrette



Ingredients

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

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

6 servings

Calories: 110

Fat: 6 gm

Sodium: 95 mg

Fiber: 2 gm

Carbohydrates: 12 gm

Protein: 3 gm