



Broccoli with Balsamic Vinaigrette

Serves: 12-1 cup

amount	unit	Ingredients:
6	each	heads broccoli, cut into small florets
0.5	cup	balsamic vinegar
0.5	tsp	black pepper
2	Tbsp	honey
2	Tbsp	Dijon mustard
4	cloves	garlic cloves, minced
2	Tbsp	lemon juice
0.33	cup	olive oil

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.)

Nutritional Information:

Calories: 110; Carbohydrates: 12g; Fiber 2g; Protein: 3g; Fat: 6g; Saturated Fat: 1g; Cholesterol: 0mg; Sodium 95mg