



Broccoli with Lemon & Dill

(Prep time 25 mins)
(Yield 6 servings)

Nonstick cooking spray
½ cup chopped green onion or leek
(white part only)
1 clove garlic, minced
½ cup reduced-sodium chicken broth
1 ½ pounds broccoli, cut into spears
1 tablespoon lemon juice
1 teaspoon all-purpose flour
2 tablespoons snipped fresh dill or
1 teaspoon dried dill
¼ teaspoon salt (optional)
1/8 teaspoon black pepper

METHOD

- Coat an unheated large nonstick saucepan with nonstick cooking spray. Preheat over medium heat. Cook and stir onion or leek and garlic in hot pan about 3 minutes or until tender.
- Add chicken broth; bring to boiling.
- Add broccoli and return to boiling; reduce heat.
- Cover and cook until broccoli is tender. Transfer vegetables to a serving platter, reserving broth in pan (add additional broth, if necessary, to measure ½ cup).
- In small bowl combine lemon juice and flour; add to broth in saucepan. Cook and stir until thickened and bubbly; cook and stir for 1 minute more. Add dill, salt (optional), and pepper. Spoon sauce over vegetables and toss to coat.

Nutrient analysis for 1 serving: Calories 45, Carbohydrates 9g, Total Fat 0g, Saturated Fat 0g, Sodium 88mg (without salt)

Cooking
Lite
WITH
CHEF RAY NUTTIE

This recipe does not adhere to Kosher guidelines.