



Texas Diabetes Institute

University Health System

Italian Style Broccoli

Preparation time: Less than 30 minutes

Number of servings: 4

Ingredients:

1 ¼ pounds broccoli
2 Tablespoons lemon juice
1 teaspoon extra-virgin olive oil
1 clove garlic, minced
1 teaspoon chopped fresh parsley
Dash black pepper



Directions

Trim broccoli, setting aside tough stems. Cut broccoli into florets with 2-inch stems.

Peel remaining broccoli stems; cut into ½-inch thick slices.

Bring 1 quart water to a boil in large saucepan over high heat. Add broccoli; return to a boil. Reduce heat to medium-high. Cook, uncovered, 3-5 minutes or until broccoli is tender. Drain; place in platter.

Combine lemon juice, oil, garlic, parsley and pepper in small bowl. Pour over broccoli, turning to coat. Let stand, refrigerated and covered, 1 to 2 hours before serving.

Nutrient Analysis:

Calories: 44

Carbohydrates: 7 grams

Fiber: 3 grams

Protein: 3 grams

Total fat: 2 grams

Saturated fat: 0 grams

Sodium: 29 milligrams

Source: Diabetic Cooking Magazine, January/February 2007