



Sesame Broccoli (serves 4)

1 1/2 lbs broccoli (1 bunch, 2 or 3 stalks)

1 tablespoon sesame oil

2 tablespoons sesame seeds , toasted in dry skillet

1 tablespoon soy sauce

Directions

Prepare the broccoli for cooking. Boil, steam and drain. Please DO NOT over cook! Generally 6-8 minutes to steam or boil is about right for crisp broccoli.

Heat the sesame oil on a skillet or wok for 15 seconds over high heat. Add the sesame seeds and the broccoli.

Stir fry until heated through. Remove from the pan to a serving dish, pour soy sauce over!