

Broccoli With Walnuts

A popular vegetable gets a lively boost of flavor and power.

5 cups fresh cut *broccoli* Pinch of *nutmeg*
3 tbsp *extra virgin olive oil* Salt and *pepper* to taste
1/2 cup *walnuts*, chopped fine

- 1 Separate broccoli florets from stalks, making roughly 1-inch pieces (cut away some of the outer peel if preferred); cook until fork tender in a steamer, about 4-5 minutes.
- 2 Meanwhile, heat oil in medium nonstick skillet over medium heat; add walnuts and cook, stirring constantly, 1-2 minutes.
- 3 Pour walnut mixture into a large serving bowl and add seasonings.
- 4 Drain cooked broccoli thoroughly and add to serving bowl; toss with nut mixture until evenly coated and serve immediately.

MAKES ABOUT 4 ONE-CUP SERVINGS.

Per serving:

218 calories

6g protein

20g fat

8g carbs

4g fiber

30mg sodium

