

Sesame Honey Broccoli

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| 2 | tablespoons sesame oil | 1 | tablespoon honey |
| 2 | broccoli crowns-sliced in half and then fourths | 1 | tablespoon toasted sesame seeds-optional |

In small bowl, add sesame oil and honey. Stir and set aside.

Microwave directions: In medium bowl, add 1/2 cup water and broccoli crowns. Cover with plastic wrap and microwave on high for 2-3 minutes or until tender-crisp. Drain. Add sesame oil and honey mixture and toss. Garnish with toasted sesame seeds, if desired.

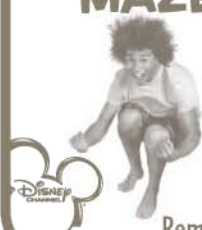
Stove top directions: In medium sauce pan, place steamer insert in bottom. Add 1 cup water and bring water to boil. Add broccoli and cover. Steam for 2-3 minutes or until tender-crisp. Drain. Place broccoli into serving bowl and add sesame oil and honey mixture. Toss. Garnish with toasted sesame seeds, if desired. Serves 4-6.




Have your parent cut out the recipe on the dotted line.




SCHOOL MAZE Help Chad get to his healthy lunch snacks.



Start →



→ Finish



Remember to eat at least 3 to 5 cups of fruits and vegetables everyday.*

