



Chinese Broccoli



Ingredients:

- 1 Bunch Chinese broccoli gai-lan
- 10 Cups water,
- 1 - 2 Inch piece of ginger, chopped in large pieces
- 2 Tbs. Sesame oil
- 1/4 Cup oyster sauce

Preparation:

Set a large pot of water to boil with the ginger and sesame oil. Wash them, separate the leafy, thinner stalked half from the larger stemmed half by cutting broccoli in half. Blanch the broccoli, adding the thicker portion to the water about 1 minute-

before the thinner stemmed/leafy portion. After about 2 minutes the broccoli will turn bright green, use a slotted spoon to scoop the broccoli onto a plate. Drizzle the oyster sauce all over the broccoli and serve immediately.

Nutritional information for 1 cup serving:

*Calories 30, Fat 2gm,
Fiber 2 gm, Cholesterol 0mg,
Sodium 115mg.*

Ask the Dietitian County of Los Angeles
www.lapublichealth.org/nutrition

Rev. 01/2010



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