



ASIAN SPICED BROCCOLI

By Dr. Cindy Tazar
(Standard/Vegan)

One of our most requested types of recipes is for Asian flavors. Whether stir-frying or roasting, these Asian flavors combine salty and spicy together to provide an earthy richness when roasted with vegetables. Try substituting other vegetables with this dressing, as well, to create more variety. Sesame oil not only has a lot of nutritional benefit, but it also adds great flavor to Asian recipes. We do want to use it sparingly, however, and on occasion. Being an Omega-6 fat, it needs to be balanced with Omega-3 fats in our diet. Too much Omega-6 can create an inflammatory environment. Makes 4-5 servings. One serving of this recipe equals one cup of cooked vegetable and one serving of fat for one meal.



INGREDIENTS

- 2 medium-sized heads of broccoli crowns
- 3 Tbsp. Coconut Aminos (or Tamari)
- 2 cloves garlic, finely chopped (can use from jar)
- 1/2 tsp. ground ginger
- 1/4 cup avocado oil
- 1/2 tsp. crushed red pepper flakes (or to taste)



1 Tbsp. sesame seeds (found in spice aisle)
2-3 tsps. toasted sesame oil (optional)

INSTRUCTIONS

Preheat oven to 400°F. Trim the broccoli into florets and place into a large mixing bowl.

Place the remaining ingredients (except sesame oil) into a smaller bowl and whisk well to create a dressing.

Pour over the broccoli and toss until broccoli is coated.

Roast in the oven for 20-30 minutes, depending on how crispy you like it. Garnish with extra sesame seeds and drizzle with sesame oil.