

Firecracker Broccoli

Ingredients

- 2 cups broccoli
- 1/8 tsp vegetable oil
- 1/8 tsp sesame oil
- 1 tsp sambal oelek chili sauce

Directions

1. Cut broccoli into bite sized pieces and stir fry in wok or sauté pan at a high heat. Cook with oil and sambal until tender.

Notes

Number of Portions: 4

Serving Size: 1/2 cup

Nutrition Facts: 18 calories, 0.52 g fat, 0.1 g saturated fat, 24 mg sodium, 2.87 g carbohydrate, 1.12 g fiber, 0.7 g sugar, 1.21 g protein

