

# Garlic Broccoli

6 servings

## Ingredients

- 2 tsp vegetable oil
- 3 garlic cloves, minced
- ½ cup red bell pepper, chopped
- 3 cups broccoli florets
- 1 tsp dried oregano (optional)
- 2 tbsp lemon juice
- Salt and pepper to taste

## Directions

1. In a large pot, add oil, garlic, and red bell pepper. Cook over high heat for 3 minutes.
2. Add broccoli and cook for about 5 minutes.
3. Add ½ cup of water and the oregano, cover and cook for about 5 minutes.
4. Remove from heat. Toss with lemon juice, salt, and pepper.
5. Serve warm and enjoy
6. Refrigerate leftovers

<b>Nutrition Facts</b>	
Serving Size (64g)	
Servings Per Container	
Amount Per Serving	
<b>Calories</b> 35	Calories from Fat 15
% Daily Value*	
<b>Total Fat</b> 2g	3%
Saturated Fat 0g	0%
Trans Fat 0g	
<b>Cholesterol</b> 0mg	0%
<b>Sodium</b> 110mg	5%
<b>Total Carbohydrate</b> 4g	1%
Dietary Fiber 1g	4%
Sugars 1g	
<b>Protein</b> 1g	
Vitamin A 4%	• Vitamin C 25%
Calcium 2%	• Iron 0%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.	
Calories:	2,000    2,500
Total Fat	Less than 65g    80g
Saturated Fat	Less than 20g    25g
Cholesterol	Less than 300mg    300mg
Sodium	Less than 2,400mg    2,400mg
Total Carbohydrate	300g    375g
Dietary Fiber	25g    30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

*For the best buy, choose broccoli with dark green florets and stems. To keep broccoli fresh, store unwashed in a plastic bag in the refrigerator for up to one week. Broccoli contains vitamin C, which is good for fighting colds and healing cuts.*