



BROCCOLINI® baby broccoli Citrus Almond

Servings

6

Calories

150

Prep Time

5 minutes

Total Time

15 minutes

Skill Level

Easy

Ingredients

2 bunches Mann's BROCCOLINI® baby broccoli
(about 15-18 stalks)

⅓ cup almonds, sliced, natural

5 tablespoons butter or margarine

¼ cup orange juice, fresh

1 teaspoon orange peel, grated

½ teaspoon salt



The Method

Heat a toaster oven to 350° F; toast almonds for 5 minutes.

Place BROCCOLINI® baby broccoli in large pot of boiling water for 3 minutes until tender. Immediately place in an ice bath to stop cooking. Remove from ice bath and dry on paper towels.

Melt butter in large skillet over medium-high heat; then cook butter 3-4 minutes, until medium brown. Add juice and cook 10 seconds. Remove from heat; stir in orange peel and salt. Add BROCCOLINI® baby broccoli and toss to warm thoroughly. Transfer to platter and sprinkle with almonds. Enjoy!

Nutrition Facts

Serving Size: 104g | Servings: 6

Amount Per Serving

Calories 150 | Calories from Fat 110 | Total Fat 12g (sat fat 6g trans 0g) | Cholesterol 25mg | Sodium 300mg | Total Carbohydrate 8g | Dietary Fiber 2g | Sugars 3g | Protein 4g | Vitamin A 35% | Vitamin C 120% | Calcium 8% | Iron 10%

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