

Roasted Broccoli with Garlicky Tahini Sauce

Roasting the broccoli results in crisp edges and a just-tender bite, the perfect texture to pair with a creamy tahini sauce.

Source: Diabetic Living Magazine, Fall 2018



Recipe Summary

active: 25 mins

total: 25 mins

Servings: 4

Ingredients

Ingredient Checklist

- 1 ½ pounds broccoli
- 1 tablespoon extra-virgin olive oil
- ½ teaspoon ground pepper
- 2 tablespoons tahini
- 2 tablespoons lemon juice
- 1 tablespoon honey
- 1 tablespoon reduced-sodium soy sauce
- 2 cloves garlic, minced
- ½ teaspoon ground coriander

- 1/3 cup thinly sliced scallions
- 1/3 cup coarsely chopped cilantro
- 1 teaspoon toasted sesame seeds

Directions

Instructions Checklist

- Step 1

Position a rack in bottom third of oven; preheat to 500 degrees F. Set a large rimmed baking sheet on the rack to preheat.

- Step 2

Cut broccoli florets into 1-inch pieces. Peel tough outer layer from the broccoli stalks, cut the peeled stalks into 2-inch-long pieces, then slice into 1/2-inch-thick planks. Toss the broccoli with oil and pepper in a large bowl.

- Step 3

Arrange the broccoli in a single layer on the hot pan. Roast until tender and starting to brown, 9 to 10 minutes.

- Step 4

Whisk tahini, lemon juice, honey, soy sauce, garlic and coriander in a large bowl. Add the broccoli, scallions and cilantro and toss to coat. Sprinkle with sesame seeds.

Nutrition Facts

Serving Size: 1 1/3 cups

Per Serving:

164 calories; protein 6.9g 14% DV; carbohydrates 19.6g 6% DV; dietary fiber 5.4g 22% DV; sugars 7.6g; fat 8.5g 13% DV; saturated fat 1.2g 6% DV; cholesterolmg; vitamin a iu 1227.9IU 25% DV; vitamin c 157.4mg 262% DV; folate 124.6mcg 31% DV; calcium 105.2mg 11% DV; iron 1.9mg 11% DV; magnesium 50.8mg 18% DV; potassium 634.2mg 18% DV; sodium 205.4mg 8% DV; added sugar 4.3g.

<http://www.eatingwell.com/recipe/267230/roasted-broccoli-with-garlicky-tahini-sauce/>