

Broccoli Almond Crunch Vegetable Dish – by Paula Hendricks, Nutrition Consultant



Tired of the same old broccoli dish? Try this one – it's fresh, crunchy, and full of flavor. We like to serve it cold in the summer with some chopped chicken tossed in for a great outdoor evening meal or picnic. This vegetable dish also tastes great warm with any type of protein serving along side; chicken, salmon, beef or pork. Because you can buy this slivered broccoli slaw pre-cut and ready to cook, the preparation time takes about three minutes from stove to table. Enjoy on any of the Key Diets. Makes approximately four 1-cup servings.

Ingredients:

- One 12 oz. package Mann's Broccoli Cole Slaw (or other brand if you like)
- 1/4 cup raw slivered almond
- 2 T. olive oil
- 1 tsp. of the Napa Valley Meritage Seasoning mix, or seasoning of your choice
- Salt and pepper to taste – about 1/2 teaspoon each.
- 4.5 oz of chicken or other meat (optional)

Instructions:

In large skillet, heat the olive oil for about one minute over medium-high temperature. Add the package of broccoli slaw, almonds and seasoning. Cook over medium-high temperature for two-three minutes, stirring constantly. Do not overcook – the dish tastes best when crunchy. Remove from heat and quickly transfer the cooked vegetables to a serving dish. Serve as a side dish warm or let cool and refrigerate for 30 minutes.

Nutritional Value (without protein):

Each one cup serving contains approximately 4 grams of protein, 10 grams of fat, 3 grams of net carbohydrates, and for those of you who must know the caloric count, about 130 calories per serving.

Option - 4.5 oz of grilled chicken (or other type of meat) will complete your meal at approximately 35 grams of protein.