



"Healthy Dish" columnist Michelle Dudash shares a recipe for baby broccoli with toasted almonds and lemon. H2

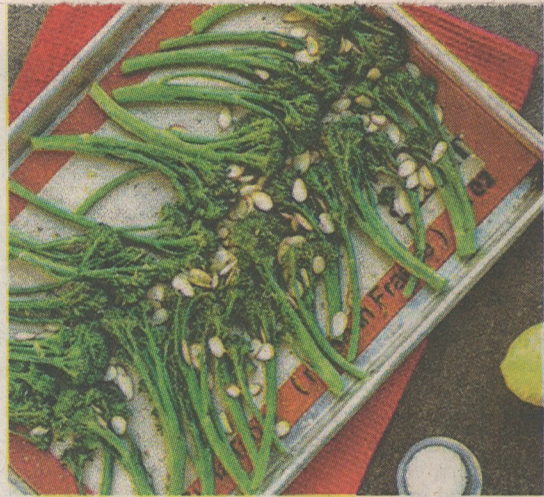


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Face baby broccoli florets inward for roasting.
MICHELLE DUDASH

Simply delicious: Baby broccoli is terrific roasted

Sometimes it's nice to serve a side dish with a bit of excitement, and that means roasting vegetables. Vegetables from the oven take on unexpected flavors and textures and require only the simplest ingredients. The key lies in matching the appropriate oven temperature to the density of the vegetable. High temperatures are good for baking french fries. Lower temperatures work well for concentrating the juices of oven-cured tomatoes.



MICHELLE DUDASH
HEALTHY DISH

Baby broccoli, with its hearty stems and airy buds, falls in the middle. Baby broccoli evolved as a natural hybrid — not genetically modified — of broccoli and Chinese kale and is commonly found under the trademarked name Broccolini. I love the flavor, which is reminiscent of broccoli with notes of asparagus.

Michelle Dudash of Scottsdale is a registered dietitian, chef and author of "Clean Eating for Busy Families." Find a link to her blog, Dudash's Healthy Dish, at azcvoices.com.

Baby Broccoli With Toasted Almonds and Lemon

From Michelle Dudash

- 1 bunch baby broccoli, about ½ pound, leaves and bottoms of stems trimmed
- 1½ teaspoons extra-virgin olive oil
- ½ teaspoon lemon zest
- ½ teaspoon salt
- ½ teaspoon freshly ground black pepper
- 2 tablespoons sliced almonds
- ½ teaspoon lemon juice

Preheat oven to 400 degrees. Line sheet pan with parchment paper or a silicone baking mat. Arrange the baby broccoli in two rows on the pan, with the floret ends pointing toward the middle. Drizzle with olive oil and sprinkle with lemon zest, salt and pepper, and toss to coat. Spread almonds in a single layer on free spaces on the pan. Bake until stems are tender, about 12-15 minutes. Sprinkle with lemon juice and toasted almonds and toss to coat.

Makes 4 servings.

Per serving: 75 calories, 4 g total fat (0 saturated, 0 trans), 120 mg sodium, 0 cholesterol, 9 g total carbohydrate (4 g fiber), 3 g protein.