

Broccoli Almondine

submitted by gaspaudience



Per serving: 127 Calories • 8.8g Carbs (3.6g Fiber) • 9.8g Fat • 4.3g Protein

Ingredients

Ingredients scaled to: 6 serving

1/3 cup, sliced **Almonds** (30.7 grams)

3 tbsp **Coconut oil** (40.8 grams)

1 tbsp **Lemon juice** (15 grams)

1 1/2 lb **Broccoli** (680 grams)

1/2 tsp **Salt** (3 grams)

Directions

Directions are based on the original recipe of 6 servings

1. PREPARATION: Peel broccoli stems then cut head into 2-inch-wide spears. Slice almonds (or buy pre-sliced).
2. Cook broccoli in a steamer rack over boiling water in a large wide pot, covered, until stems are just tender when pierced with a knife, 8 to 12 minutes. Remove steamer from pot and discard cooking water. Cool broccoli 5 minutes.
3. Meanwhile, add coconut oil in pot over medium heat, then add almonds, stirring, until nuts are golden and have a nutty aroma, 2 to 3 minutes. Stir in lemon juice and 1/2 teaspoon salt. Add broccoli and toss.