



## *Spring Recipe II*

### **Broccoli with Sweet Rice Vinaigrette**

Makes 3 servings

1/2 pound broccoli, 3 cups, sliced in florets

Water

*Sweet Rice Vinaigrette:*

Makes 1/4 cup

*Brown rice vinegar is among the lowest in percentage of acidity (4.5%) when compared with others such as white wine and balsamic vinegars at 6% and red wine and apple cider vinegars at 5%. Check the labels.*

2 tablespoons brown rice vinegar

2 tablespoons brown rice syrup

1 tablespoon water

1/4 teaspoon olive oil

1/4 teaspoon sea salt

1. Place broccoli and 1/4 inch water in a sauté pan. Cover and bring to boil to steam broccoli until bright and tender, about 4 minutes.
2. Meanwhile mix dressing, then drizzle over broccoli to serve.

For 3 servings, per serving:

Calories: 75 Protein: 2g Saturated Fat: 0.1g Fiber: 2g Carbohydrate: 15g Fat: 0.7g

Cholesterol: 0 Sodium: 152mg

Calories from Protein: 13% Calories from Fat: 7% Calories from Carbohydrate: 80%