



Soy Glazed Broccoli

Ingredients:

- 2 lbs frozen broccoli
- ¼ cup low-sodium soy sauce
- 1 cup water
- ¼ teaspoon ground ginger
- ¼ teaspoon granulated garlic
- 2 tablespoons brown sugar
- 2 teaspoons corn starch

Instructions:

1. Steam frozen broccoli for 7 minutes.
2. Mix soy sauce, ½ cup water, ginger, garlic and brown sugar together. Place in a pot and heat on medium and bring to a boil.
3. Mix ½ cup water and cornstarch very well in a separate bowl. Add to soy mixture while boiling and stir until thickened.
4. Toss broccoli with soy glaze.

Calories: 350 Total Fat: 15 g Saturated Fat: 1 g Sodium: 250 mg Carbohydrates: 31 g Sugar: 6 g Fiber: 5 g Protein: 28 g