

Broccoli and/or Cauliflower with Soy Sauce-Lemon Dressing



Description - Broccoli is especially popular for combating summer heat. Chinese doctors feel it is very beneficial for the eyes, and it is often prescribed for eye inflammations and nearsightedness. Some cooks suggest that if it is cooked until just tender, it will not cause gas. Broccoli and cauliflower both contain the phytonutrient sulforaphane, which some research has shown to have significant anti-cancer effects.

JUST 5 INGREDIENTS

- 2 heads of either **Broccoli or Cauliflower** (or one of each) and a few carrots if you wish.
- 1/4 cup **soy sauce**. (We use “Braggs Liquid Aminos” natural soy sauce alternative.)
- 2 tablespoons fresh **lemon juice**
- 1 1/2 tablespoons **minced garlic**
- Low glycemic **Sweetener**. (Stevia, Monk fruit, Truvia, Erythritol, etc. Equivalent amount to 1.5 Tablespoons of sugar.)

EASY INSTRUCTIONS

1. Peel the tough skin from the broccoli and cauliflower stems and cut away the stem ends. Cut off the florets and cut the peeled stems on the diagonal into 1 1/2-inch-thick sections. Separate the larger florets, so all are approximately the same size. Remove any leaves and break or cut into florets, about 1 1/2 inches wide.
2. Mix together the dressing ingredients (soy sauce, lemon juice, garlic and sweetener.)
3. Arrange the broccoli or cauliflower in a steamer tray or on a plate set on a rack. Steam 8 to 10 minutes or until tender.
4. Drain any water from the broccoli or cauliflower. Put all the vegetables in a serving bowl, add the Dressing, toss lightly, and serve.

Thanks to Coach Kay Strong for this recipe