

# Broccoli sauteed with garlic and ginger

MAKES 4 SERVINGS • PREP TIME: 10 min  
COOK TIME: 5 minutes



## INGREDIENTS

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1/2 teaspoon sea salt

1 large bunch broccoli, cut into florets, stems peeled and cut into bite-size pieces

1 tablespoon extra-virgin olive oil or coconut oil

1 tablespoon grated ginger 2 garlic cloves, chopped

1/2 a lemon

## DIRECTIONS

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1. Bring a large pot of water to a boil. Add the salt.
2. Steam broccoli
3. Heat the oil in a saute pan over medium heat.
4. Add the ginger and garlic and saute for 30 seconds, just until aromatic.
5. Stir in the broccoli and a pinch of salt and saute for 2 minutes; the broccoli should still be firm.
6. Squeeze 1/2 a lemon over broccoli
7. Serve immediately.

### Key Takeaways

Ginger helps speed up the digestion process and empty your stomach more quickly

Improves immunity

Alleviates PMS symptoms

Relieves nausea and upset stomach

May help with cancer

Reduces pain

Healthier skin

Weight loss aid