

ROASTED KUNG PAO BROCCOLI

SERVES: 6 | SERVING SIZE: 2/3 cup | PREP: 15 minutes | READY: 40 minutes

INGREDIENTS

- 2 tablespoons neutral oil (such as canola or avocado oil)
- 2 tablespoons reduced-sodium soy sauce
- 2 tablespoons hoisin sauce
- 2 tablespoons rice vinegar
- 1 tablespoon brown sugar
- 1 to 2 teaspoons chili garlic sauce (such as Huy Fong Vietnamese Chili Garlic Sauce)
- 2 teaspoons grated fresh ginger root
- 1 clove garlic, minced
- 8 cups fresh broccoli florets
- 1 can (8 ounces) sliced water chestnuts, drained
- Vegetable oil cooking spray
- 1/4 cup lightly salted roasted peanuts, roughly chopped
- 3 tablespoons thinly sliced green onion (green and white parts)



DIRECTIONS

In a jar with a tight-fitting lid, place oil, soy sauce, hoisin sauce, vinegar, brown sugar, chili garlic sauce, ginger root, and garlic and shake to combine.

Place broccoli florets and water chestnuts in a large zip-top bag. Add sauce, seal bag, and shake, allowing sauce to evenly coat broccoli and water chestnuts. For best flavor, allow broccoli mixture to marinate in refrigerator 1 to 2 hours.

When ready to roast, place broccoli and water chestnuts, along with any sauce remaining in bag, in a single layer, on a large rimmed sheet pan lightly coated with cooking spray. Roast in a preheated 400-degree F oven for 15 minutes. Remove from oven, stir broccoli and water chestnuts around pan, return to oven, and continue roasting an additional 10 to 15 minutes or until broccoli is lightly browned and stems are crisp-tender. Place roasted broccoli and chestnuts in a serving bowl, top with peanuts and sliced green onion, and serve.

NUTRITION INFORMATION PER SERVING

147 calories, 8 g total fat, 1 g saturated fat, 0 g trans fat, 0 mg cholesterol, 304 mg sodium, 13 g total carbohydrate, 4 g dietary fiber, 6 g total sugars, 2 g added sugars, 6 g protein, 0 mcg (0%) vitamin D, 66 mg (6%) calcium, 2 mg (10%) iron, 590 mg (15%) potassium

