

SESAME-ROASTED BROCCOLI AND GREEN BEANS

INGREDIENTS

2 Tbsp/ 30 ml olive oil
1 tsp/ 454 g green beans, trimmed
1 lb/454 g broccoli, trimmed and cut into florets
2 sweet red bell peppers, sliced in strips
2 Tbsp/ 30 ml oyster sauce or hoisin sauce
2 Tbsp/ 30 ml maple syrup
1 Tbsp/ 15 ml roasted sesame oil
2 Tbsp/ 30 ml white sesame seeds

PREPARATION

1. Preheat oven to 400 F/ 204 C. Prepare a roasting pan by coating it lightly with oil. Place all the vegetables in the roasting pan. Mix the oyster or hoisin sauce, maple syrup and sesame oil in a small bowl. Pour over the vegetables. Toss gently to coat the vegetables.
2. Place in the oven and bake for ten minutes. Don't let the vegetables get burned. Remove the roasting pan from the oven and turn the vegetables over. Sprinkle with sesame seeds and return to the oven for another 5 minutes.

NUTRITIONAL VALUE PER SERVING 8 servings

Calories: 111/Calories from fat: 61/Protein: 3g/Carbs: 10g/Dietary Fiber: 3g/Sugars: 4g/Fat: 6g/Sodium: 87mg