

# Herbal Legacy Recipes

## Broccoli with Mustard Sauce

This is royally delicious treatment for broccoli, “The King of the Vegetables.”

*Serves 4 to 6*



### INGREDIENTS:

- 1 bunch broccoli
- 1/4 cup Apple Cider vinegar
- 1 tsp stone ground mustard
- 2 garlic clove, pressed or minced

### DIRECTIONS:

Break the broccoli into bite-sized flowerets. Peel the stems and slice them into 1/2-inch thick rounds. Steam until just tender, about 5 minutes. While the broccoli is steaming, whisk the dressing ingredients in a serving bowl. Add the steamed broccoli and toss to mix. Serve immediately.

Adapted from New Century Nutrition

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