

# Your Healthy Kitchen



 YAVAPAI REGIONAL  
MEDICAL CENTER  
*Proudly Caring for Western Yavapai County*

## Broccoli and Basil

Serves 4

Adapted from *The Cancer-Fighting Kitchen*,  
by Rebecca Katz

1 small bunch broccoli or 1 large stalk

Sea salt

2 tablespoons extra-virgin olive oil

1 tablespoon finely chopped garlic

1 teaspoon grated fresh turmeric, optional

Pinch of red pepper flakes

1 cup diced red bell pepper or cherry tomatoes cut in half

1 tablespoon lemon juice, or lemon wedges

Zest from 1 lemon

¼ cup basil, thinly sliced

Black pepper to taste, optional



### Directions

Place a pot of water with a steamer basket to heat on the stove. Cover pot with a lid.

Peel broccoli stem. Cut off florets and into bite-sized pieces. Cut broccoli stem into ¼ inch slices. Place broccoli into steamer basket and steam until tender-crisp.

While broccoli is steaming, heat the oil in a large sauté pan on medium heat. Add the garlic and red pepper flakes and a pinch of salt and sauté for about 30 seconds. Add the bell pepper or tomatoes and the grated turmeric, if using, and sauté for about 1 minute. Stir in broccoli and another pinch of salt and sauté to blend flavors and cook the broccoli a bit more, if needed. Serve tossed with lemon zest, basil and black pepper, if using. Toss with lemon juice or serve with lemon wedges on the side. Be sure to add lemon at the last minute because the juice will dampen the color of the broccoli after a few minutes.

**For more healthy recipes,  
please visit *Your Healthy Kitchen*  
via [www.yrmhealthconnect.org](http://www.yrmhealthconnect.org)**

### NUTRITION INFORMATION

#### PER 1½ SERVING:

Calories	125
Fat	7 g
Saturated Fat	1 g
Sodium	125 mg
Carbohydrate	13 g
Fiber	5 g
Protein	5 g
Potassium	253 mg

Also a good source of  
Vitamin A, Vitamin C and  
healthy phytochemicals

Cost per Serving: \$1.35