

Chinese Broccoli with Wine and Sugar



Makes 4 servings (1 serving = $\frac{3}{4}$ cup)

Ingredients:

- 1 pound Chinese broccoli
- 1 teaspoon vegetable or olive oil
- $\frac{1}{2}$ teaspoon minced ginger
- 1 teaspoon sugar
- 1 tablespoon cooking wine
- $\frac{1}{2}$ cup supreme stock or low sodium chicken broth
- $\frac{1}{2}$ teaspoon salt

Instruction:

1. Separate Chinese broccoli stems from leaves, and cut stems into 2-inch sections.
2. Over medium to high heat, heat a large nonstick pan, add oil and swirl to coat sides of the pan.
3. Add stems into the pan first, sauté for a few seconds, and then add Chinese broccoli leaves.
4. Add ginger, sugar, and wine. Continue to stir-fry.
5. Add stock, cover pan and let Chinese broccoli cook until tender but crisp and bright green, about 1 minute.
6. Add salt, mix well and serve.

Nutrition tips:

Stir-frying leafy green vegetables quickly helps to keep some of vitamins and color. Steaming is also a great way to maintain nutrient content and flavor of vegetables.

Ginger, wine and sugar combined, make a great seasoning to help bring out the flavor of these leafy greens.

Nutrition information per serving:

Calories: 77

Cholesterol: 0 mg

Carbohydrates: 13 g

Total fat: 2 g

Sodium: 371 mg

Protein: 4 g

Saturated Fat: 0 g

Fiber: 2 g