

Toasted Sesame Broccoli Starts

Here's a quick vegetable side with mild sesame flavor and lots of crunch. It's super-healthy, and colorful to boot. You'll find pre-toasted sesame seeds in the Asian foods aisle of most supermarkets.

2 garlic cloves, peeled, smashed and sliced
1 teaspoon minced fresh ginger
2 teaspoons peanut oil
7 ounces broccoli "starts," rinsed, with water still clinging to the leaves
3 ounces red bell pepper, seeded, sliced into strips or rings
salt and pepper, to taste
1 teaspoon toasted sesame oil
1 teaspoon toasted sesame seeds
crushed red pepper flakes, optional

In a medium skillet, warm the garlic and ginger in the oil over medium-low heat until soft, about 2 minutes, stirring. Increase heat to medium and add broccoli starts and bell peppers. Season with salt and pepper.

Saute until colors brighten and vegetables are crisp-tender, about 3 minutes, tossing frequently with tongs. Sprinkle with sesame oil, sesame seeds, and red pepper flakes, if desired.