

Vegetables Sesame

Serves 4

Ingredients:

- 1 pound brussels sprouts *or* asparagus *or* broccoli
- 1 Tablespoon oil
- 1 Tablespoon vinegar
- 1 Tablespoon soy sauce
- 2 teaspoons sugar
- 1 Tablespoon sesame seeds



Directions:

1. Cook brussels sprouts, asparagus or broccoli in microwave until crisp tender.
2. In microwave safe bowl, mix oil, vinegar, soy sauce, sugar and sesame seeds. Heat for 1 ½ minutes until sugar dissolves.
3. Pour on top of cooked vegetables, toss and serve hot.

Recipe from UW-Extension Eau Claire County

FoodWise education is funded by the USDA Supplemental Nutrition Assistance Program— SNAP and Expanded Food and Nutrition Education Program - EFNEP. An EEO/AA employer, the University of Wisconsin-Madison Division of Extension provides equal opportunities in employment and programming, including Title VI, Title IX, the Americans with Disabilities Act (ADA) and Section 504 of the Rehabilitation Act requirements.



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