

## Tangy Broccoli with Almonds



**Makes 6 servings**

Active time: **15 minutes**

Total time: **15 minutes**

Course: **Lunch**

This easy 15-minute broccoli side dish means you have no excuse not to eat your veggies.

### Ingredients

- 12 ounces fresh broccoli florets
- 2 teaspoons Worcestershire-style marinade for chicken
- 2 tablespoons slivered almonds, toasted

### Preparation

1. Place a steamer basket in a large skillet with a tight-fitting lid; add enough water to come 1/2 inch below basket. Heat to boiling. Place broccoli in basket; cover and steam for 8 to 10 minutes or until crisp-tender.
2. Place broccoli in serving bowl; toss with Worcestershire-style marinade. Sprinkle with almonds. Serve immediately.

### Nutrition

Per serving: 32 calories; 5 g carbohydrates; 1 g fat (0 g sat, g mono); 2 g protein; 0 mg cholesterol; 2 g dietary fiber; 195 mg potassium; 45 mg sodium. Nutrition bonus: 49 mg Vitamin C, 36 µg Folate, 30 mg Calcium, 340 IU Vitamin A

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