Pecan-Crusted Broccoli

This scrumptious broccoli recipe provides a good source of vitamin A, fiber, and folate! Preparation Time: 20 minutes.

Ingredients:

¼ cup pecans
½ tsp marjoram
1 Tbsp olive oil
1 lb frozen broccoli, chopped and cooked
1 Tbsp dry bread crumbs

Directions:

Sauté pecans in olive oil in small skillet for 2-3 minutes. Add bread crumbs and marjoram, stirring frequently. Remove from heat when toasted. Toss cooked broccoli with topping mixture. Serve.

Nutritional Information

Resource - http://www.fruitsandveggiesmorematters.org
Serves 6.

Nutrition Information per Serving:
Calories: 70
Total Fat: 6g
Saturated Fat: 0.5g
% of Calories from Fat: 77%
% Calories from Sat Fat: 6%
Protein: 3g
Carbohydrates: 5g
Cholesterol: 0mg
Dietary Fiber: 3g
Sodium: 40mg