

Healthy Recipe of the Week

Use Organic ingredients whenever possible.

Broccoli dipped in Wonderful Peanut Sauce

From "The Vegetable Dishes I Can't Live Without" by Mollie Katzen

The broccoli can be cooked up to several days ahead of time. Serve it at any temperature with room-temperature or warm sauce. Toss any leftover sauce with whole wheat or brown rice spaghetti noodles, and add some shredded cook chicken and/or some veggies to make another meal.

Yield: 4-5 servings

- 1 large bunch broccoli (1 1/2 pounds)
- 1 cup good all-natural peanut butter (smooth, not chunky)
- 3 to 4 tablespoons light-colored honey
- 1 cup hot water
- 2 to 3 tablespoons soy or tamari sauce
- 1 1/2 teaspoons minced or crushed garlic
- 2 teaspoons cider vinegar
- 3 to 4 tablespoons finely minced cilantro
- Salt, to taste
- Cayenne, to taste

1. Bring a large pot of water to a boil. In the meantime, trim and discard the tough stem end of the broccoli, and slice the rest lengthwise into about 6 to 8 hefty spears.
2. When the water boils, lower the heat to a simmer, and plunge in the broccoli for 2 minutes if you like it tender-crisp, and for 3 minutes if you like it tender-tender.
3. Drain in a colander, then put the broccoli under cold running water to cool it down. Drain thoroughly, then dry the broccoli by first shaking it emphatically and then by patting it with paper towels. Transfer to a zip-style plastic bag, seal it, and store until use.
4. Place the peanut butter and honey in a bowl. Add the hot water, and mash and stir patiently with a spoon or a small whisk until uniformly blended.
5. Stir in the remaining ingredients, adding salt and cayenne to taste, and mix well. Serve right away, surrounded by cooked broccoli of any temperature. (You can also cover it tightly and refrigerate for up to a week. Let the sauce come to room temperature before serving.)

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