

## **Tasty Tuesday!**

### **Broccoli Mediterranean**

Serves 2

Cutting broccoli and allowing it to sit a few minutes before cooking will help in benefiting from its health promoting properties. Cutting breaks the cells and activates an enzyme that converts some of the sulfur containing chemicals into isothiocyanates, which research shows to contain cancer preventive properties.

- 1 bunch broccoli, cut into florets; stem, peeled & sliced
- 2 Tbsp feta cheese, crumbled
- 5-6 kalamata olives, sliced
- ¼ med red onion, sliced-optional
- 1 Tbsp sunflower seeds

Dressing:

- 3 Tbsp EVOO
- 1 Tbsp lemon juice
- 1 large garlic clove, chopped
- sea salt, pepper to taste

Steam broccoli, cooking stems and onion for approx. 2 minutes before adding florets. Place steamed broccoli in serving bowl & toss with remaining ingredients while still hot.

