

## **CARBCONTROL RECIPES**

### **VEGATARIAN**

#### **Broccoli with toasted Pine Nuts and Garlic – side dish for 4**

1 head broccoli cut into florets  
2 Tbsp extra virgin olive oil  
3 garlic cloves, finely chopped  
¼ cup pine nuts, toasted slightly in a dry pan until golden  
salt and pepper

Cook broccoli in a pot of lightly salted water until crisp-tender, about 6 minutes. Drain and pat dry. In a large frying pan, heat oil over medium heat. Add garlic and cook 30 seconds until lightly golden (not brown!). Add pine nuts and broccoli. Add salt and pepper to taste. Cook stirring occasionally, until warmed through.