

Broccoli with Orange Sauce

2 oranges
8 cups broccoli flowerets (about 2 large heads)
1 tbsp. margarine
2 tbsp. garlic, minced, fresh
1/4 tsp. salt
1/8 tsp. pepper

Grate 2 tbsp. rind, and squeeze 1/2 cup of juice from oranges; set aside. Steam broccoli, covered, 10 minutes or until crisp-tender. Melt margarine in a small skillet over medium heat. Add garlic, and sauté 1 minute. Add orange rind, juice, salt, and pepper; bring to a boil. Reduce heat, and simmer, uncovered, for 2 minutes. Pour over broccoli, and toss well. Makes 4 servings

Nutrition information per serving: calories 109; protein 6 grams; fat 4 grams; sodium 175 mg