Sweet and Sour Broccoli Stems

Adapted slightly from San Francisco a la Carte, 1979 (Junior League of San Francisco)
Internet Address:



1 pound broccoli stems

2 tablespoons white vinegar

2 tablespoons sugar

1 teaspoon salt

2 tablespoons sesame oil

2 tablespoons parsley, finely minced - or MINT

Carolyn T's Blog - Tasting Spoons
http://tastingspoons.com

Servings: 6

1. Peel the broccoli stems and cut into diagonal slices 1/8 to 1/16 inches thick.
2. In a plastic bag combine the vinegar, sugar and salt. Add broccoli stems and toss to coat. Refrigerate overnight, turning the container or bag over a time or two. (Note: I usually just add the sesame oil to the marinade.)
3. Drain marinade and place on plate or in a bowl, drizzle sesame oil over the top, sprinkle with herbs and serve with toothpicks.

Per Serving (excluding unknown items): 79 Calories; 5g Fat (49.3% calories from fat); 2g Protein; 9g Carbohydrate; trace Dietary Fiber; 0mg Cholesterol; 377mg Sodium. Exchanges: 0 Vegetable; 1 Fat; 1/2 Other Carbohydrates.