

Broccoli and Edamame with Pumpkin Seeds

Serves 6

Recent conversation came up around Eating the Rainbow so I thought it would be fun to develop a series of recipes based on color. This one represents one of my interpretations of green; a yummy one pan, veg-centric, dish that comes together in under 15 minutes.

2 Tablespoons pumpkin seeds, toasted

2 Tablespoons olive oil

1 Tablespoon minced garlic [about 3 large cloves]

¼ teaspoon red chili flakes

8 ounces, about 1½ cups, frozen edamame beans, thawed

1 teaspoon dried Italian herbs blend

1 pound broccoli

½ teaspoon sea salt

4 Tablespoons water

2 scallions, sliced

2 teaspoons lemon juice

Place pumpkin seeds in a large skillet set over medium low heat. Toast, shaking the pan often, for about a minute, until seeds are puffy and lightly browned. Be careful to not let them burn. Remove seeds to a plate and set aside.

Increase heat to medium and add oil to the skillet. When the oil shimmers, add the garlic and red chili flakes, cooking and stirring until fragrant, 30-40 seconds.

Add the edamame beans, a pinch of salt, and dried Italian herbs, stirring to coat the beans. Saute for 1-2 minutes then add the broccoli and salt.

Cook, stirring often, until broccoli turns bright green and becomes just tender crisp, about 6 minutes. Add 2 tablespoons of water at a time to the pan if it becomes dry before broccoli is done. [Note: The steam created also assists the cooking process]

Remove from heat and stir in scallions. Add the lemon juice, stirring to combine and top with toasted pumpkin seeds.

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Chef C's Cooking tips:

- Take color green to the extreme by combining leftovers with baby spinach or arugula and diced avocado for a fantastic lunchtime salad.
- Substitute kale for broccoli
- If you prefer fresh herbs, substitute 1 Tablespoon fresh for the dried and add when you add the scallions. Basil, parsley, thyme, a bit of oregano would all work.



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