



Charred Broccolini with Tahini Dressing

2 servings

30 minutes

Ingredients

- 8 ozs Broccolini
- 1 1/2 tsps Extra Virgin Olive Oil
- Sea Salt & Black Pepper (to taste)
- 2 tsps Tahini
- 1/2 Lemon (juiced)
- 1 tbsp Water
- 1 Garlic (clove, minced)
- 1 tbsp Sesame Seeds

Nutrition

Amount per serving	
Calories	179
Fat	15g
Carbs	11g
Fiber	5g
Sugar	1g
Protein	5g
Cholesterol	0mg
Sodium	26mg
Potassium	412mg
Vitamin C	39mg
Calcium	231mg
Iron	3mg
Vitamin D	0IU
Folate	139µg
Vitamin B12	0µg
Magnesium	53mg
Zinc	2mg

Directions

- 1 Preheat the oven to 425°F (215°C). Line a baking sheet with parchment paper.
- 2 Place the broccolini on the baking sheet and toss with the oil, salt, and pepper. Mix well with your hands. Transfer the baking sheet to the oven and cook for 20 to 25 minutes, until charred and crispy.
- 3 Meanwhile, in a bowl, whisk together the tahini, lemon juice, water, and garlic. Season the sauce with salt and pepper.
- 4 Transfer the broccolini to a serving dish. Top with the tahini sauce and sesame seeds. Enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to three days.

Serving Size: One serving is half a bunch of broccolini.

Additional Toppings: Top with fresh herbs of your choice.