



AFRICAN STYLE BROCCOLI

4 1/2 cups broccoli florets, small
2 1/2 cups cauliflower florets, small
1 1/2 cups carrots, diagonally sliced 1/4 inch slices
1 tablespoon canola oil (Or use sunflower oil from the market)
1 teaspoon salt (to taste)
1 teaspoon ground ginger
1 teaspoon ground cumin
1/2 teaspoon ground coriander
1/2 teaspoon freshly ground nutmeg
1/2 teaspoon crushed red pepper flakes (to taste)
1 cup sour cream (reduced fat ok)
2 tablespoons cider vinegar
1 tablespoon mild honey (to taste)
1/2 cup thinly sliced green onion (or regular onion)
1/2 cup toasted pine nuts or 1/2 cup coarsely chopped toasted peanuts (For great taste, try
toasting hickory nuts, available at the market)

1. Steam first 3 ingredients, covered, 2 minutes. Rinse broccoli mixture under cold water; drain well.
2. Combine oil, salt and next 5 ingredients (salt through crushed red pepper) in a small skillet; cook over medium heat 2 minutes or until lightly browned, stirring constantly.
3. Combine spice mixture, sour cream, vinegar, and honey in a bowl; whisk well. Add to broccoli mixture; toss well to coat. Stir in onions just before serving, and sprinkle with nuts.