Broccoli is a true old world food. In fact, the vegetable was a highly regarded part of the Roman cuisine during the peak of the Roman Empire. Broccoli is actually the flowering stem of a member of the cabbage family. This vegetable, paired with lean fish or chicken, and a starch like sweet potatoes, make the perfect meal. Try this recipe on a cold fall day, and you too will highly regard Broccoli as part of your family’s cuisine. It will taste great with some brown rice and any Asian inspired chicken or shrimp dish.

Broccoli and Cashew Sauce
6 servings

Ingredients:
- 1 1/2 lb fresh broccoli, cut into bite size pieces
- 1/3 cup butter
- 1 tbsp brown sugar
- 3 tbsp low sodium soy sauce
- 2 tsp white vinegar
- 1/4 tsp ground black pepper
- 2 cloves garlic, minced
- 1/3 cup chopped unsalted cashews

Method of Preparation:
Wash hands.
Gather ingredients and equipment.
Steam broccoli for about 5 minutes or until just tender.
In a separate pot, melt the butter over medium heat.
Stir the brown sugar, soy sauce, vinegar, pepper and garlic into the butter.
Bring to a boil, then remove from heat.
Stir in the cashews.
Pour over the broccoli and serve.
(Optional: To kick up the spiciness add a little chili paste such as Sriracha to the butter sauce.)