

Eat Smart • Move More

Vegetales con Salsa de Limón

Tiempo de Preparación: 5 minutos

Tiempo Total: 20 minutos



Ingredientes

- ½ cabeza de coliflor, cortada en ramilletes
- 1 tallo de brócoli, cortado en ramilletes
- 2 cucharadas de jugo de limón
- 1 cucharada de aceite de oliva
- 1 diente de ajo, picado
- 2 cucharaditas de perejil fresco, picado

Nutrition Facts

8 servings per container		
Serving size		1 serving
		(53.94g)
Amount per serving		30
Calories		
		% Daily Value*
Total Fat	2g	3%
Saturated Fat	0g	0%
Trans Fat	0g	
Cholesterol	0mg	0%
Sodium	15mg	1%
Total Carbohydrate	3g	1%
Dietary Fiber	1g	4%
Total Sugars	<1g	
Includes g of Added Sugars		
Protein	1g	
Vitamin D	0mcg	0%
Calcium	18mg	0%
Iron	0mg	0%
Potassium	154mg	4%

*The % Daily Value (DV) tells you how much a nutrient in a serving contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Consejos Rápidos

- ▶ Servir las sobras de coliflor con humus o un aderezo estilo ranch bajo en grasa para obtener una colación sabrosa.
- ▶ Para esta salsa, es posible utilizar coliflor y brócoli congelados en vez de frescos.
- ▶ Utilice esta salsa en cualquiera de sus vegetales favoritos.

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Preparación

- Cocinar al vapor o en el microondas el brócoli y la coliflor hasta que se encuentren tiernos.
- En una cacerola pequeña, mezclar el jugo de limón, el aceite y el ajo. Cocinar sobre fuego bajo durante 2-3 minutos.
- Verter la salsa de ajo sobre los vegetales, espolvorear con el perejil y revolver gentilmente para cubrir los vegetales.

(Receta de <https://thelemonbowl.com/roasted-vegetables-with-tahini-lemon-sauce/>)

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