

I'm not robot  reCAPTCHA

Continue

Broccoli song 320kpbs

Fresh broccoli is loaded with vitamins and minerals, and beef moss is one of the weakest cuts around. Together they make this classic Chinese dish a great choice for easier eating. Yield Makes 4 servings Ingredients 1 pound beef tenderloin steaks 2 teaspoons chopped fresh ginger 2 cloves garlic, chopped 1/2 teaspoon vegetable oil 3 cups broccoli florets 1/4 cup water 2 tablespoons bottled teriyaki sauce 2 cups hot cooked white rice Preparation Cut beef crosswise in 1/8-inch-thick slices. Discard the beef with the ginger and garlic in a medium bowl. Heat the oil in the wok or large non-stick pan over medium heat. Add half of the beef mixture; Stir-fry 2-3 minutes or until the beef is barely pink in the center. Remove. Repeat with the rest of the beef. Remove and reserve. Add broccoli and water to wok; cover and steam 3-5 minutes or until the broccoli is crisp-tender. Return the beef and any juices accumulated in the wok. Add teriyaki sauce. Cook until heated through. Serve over rice. Serving Size: 1/4 of the total recipe (with 1/2 cup of boiled rice) without garnish Calories 392 Calories from fat 26 % Total fat 11 g saturated fat 4 g Cholesterol 95 mg Carbohydrates 34 g Fiber 3 g Protein 37 g Sodium 393 mg Starch 2 Vegetables 1 Meat 4 Advertising Check out several recipes for Chinese Advertising Diana Rattray Here's a great way to add some extra nutrition to a favorite family meal, while also adding great taste and texture. This light, macaroni broccoli pan and cheese recipe is a snap to prepare, and is cooked on the stove using just one saucepan. It's a great way to get your kids to eat their broccoli if they don't always like vegetables. Lots of sharp Cheddar cheese paired with broccoli gives this poppy and cheese recipe amazing flavor. Spruce/Diana Rattray Quiche is always a welcome dish at brunch or lunch, and this classic broccoli and ham quiche recipe is a great choice to enjoy with family or friends anytime. Salted, salted cooked ham combines with broccoli, mushrooms, tomatoes, eggs and sharp Cheddar cheese in a colorful, delicious and filling quiche that you'll be proud to serve. Yves Bagros/Getty Pictures This easy, a dish broccoli nut paste is a great go-to recipe on busy weeknights. Roasted walnuts and Italian cheese add a savoury flavour to the fresh and healthy broccoli crisis. Do it with whole wheat pasta for an even more nutritious family dinner. Image Studios/Getty Images When you're craving delicious Chinese take-out food, but want to avoid spending (and extra calories) ordering in, we've got the recipe for you. Stir-fried potatoes are one of the most common types of dishes in Chinese cuisine, and this beef and broccoli stir-fry is one of the most popular recipes. In this tasty and healthy version, lean, protein-rich beef is combined with nutritious, crunchy broccoli, garlic, ginger and a classic, salty Chinese sauce. Your family is sure to ask for second aid! Continue with 5 out of 15 below. Bartosz Bartosz / Getty Images Vegan and Vegetarian-friendly, filling and a delight for taste buds, this East Indian-inspired broccoli and potato curry recipe deserves a place in the night rotation. Try this easy, authentic curry recipe when you're craving a satisfying, tasty veggie meal. Featuring broccoli and cooked potatoes in a tomato sauce with fragrant Indian spices, this dish is an excellent gluten-free and vegan dinner option when served alongside rice or any gluten-free cereal, such as quinoa. Spruce / Miri Rotkowitz Delicious and light, this ginger roasted broccoli for a unique and coveted side dish. Plus it's fried on a sheet pan, so it's super quick to throw together and it's out of the oven in no time! kirin_photo/ E+/+/Getty Pictures Kids love cheese and this creamy broccoli Cheddar soup is a great way to get your kids to eat their vegetables. Broccoli and cheddar cheese go well together in almost any recipe, and this delicious, refreshing broccoli cheese soup is a perfect thing to do when it's cold out, and you want something delicious to warm your tummy. This light, crunchy lightbroccoli slaw with raisins is absolutely full of flavor and texture. It is also packed with good vitamins-for-you and makes a delicious first course at any time of the year, no matter what is on the menu. Pre-ground broccoli is thrown with raisins and sunflower seeds in a spicy, creamy vinaigrette sauce. Make an excellent alternative to the same discarded old salad, too. You can also add bacon for a jump, savory shock of flavor that works nicely with other ingredients. Continue with 9 out of 15 below. Spruce /Kataresina Zunie Here's a great way to use leftovers and fill the kitchen with the delicious smell of a homemade casserole. All you need for this turkey divan casserole with broccoli is some cooked chicken or turkey (you can use shop-bought chicken rotisserie), cooked broccoli, a little parmesan, and a light, homemade white sauce made rich with an egg yolk and shredded Cheddar cheese. Assemble it early and pop it into the oven on weeknights when your family is craving a warm and comforting meal. Burwell and Burwell Photography/E+/+Getty Pictures of Chicken and Broccoli Alfredo Ziti Bake is a simple and elegant meal a dish that makes a great addition to the buffet table or main course for family dinners. It is also super easy to prepare with store-bought Alfredo sauce, rotisserie chicken and frozen broccoli florettes. Cheddar cheese is added to the creamy sauce to add a sharp and spicy flavor that awakens the chicken and is a real-pleaser crowd. You can also easily assemble and refrigerate this casserole up to three days before baking and serving, making it a fabulous party dish. Who wants cornbread? Savory, warm cornbread is a favorite of southern meals. In this Mississippi version of the popular Southern part, healthy broccoli and cottage cheese are added to make this cornbread super moist, delicious and and Take this broccoli cornbread along to a potluck or for a tailgating event, and prepare to receive compliments. It also works great with other favorite Foods from the South, including beans, chili, and collard greens. This broccoli caseroll with fish topping stuffing is so easy to prepare and bake and make a great meal for a Sunday dinner or holiday feast. Boiled broccoli is combined with condensed soup, Cheddar cheese, eggs, and savory flavors, for a cheesy, creamy filling. Butter filling crumbs are then spread over the top of the casero, giving it an additional burst of flavor and crunch. Continue with 13 of 15 below. Savoury pancakes make an excellent starter or a secondary dish when cooking for company. These tasty, savory broccoli pancakes are a versatile side dish that can be served in a stack with a fried egg on top for brunch, instead of cornbread or muffins alongside soup or stew, or topped with a piece of herbed goat cheese or a piece of smoked salmon for an elegant party appetizer. Ready in 20 minutes and so easy to make, you'll have plenty of time to enjoy all the compliments you get when cooking these cute and healthy pancakes. LouriPatterson/Getty Images When you're looking for a brunch dish that is filling and packaged with savory flavor, you can reach for this lightweight, cheesy, satisfying broccoli and cauliflower frittata recipe that is full of healthy broccoli goodness and cauliflower allows. This frittata is great for breakfast and brunch, but with cooked spaghetti in the recipe, you can go ahead and enjoy it for lunch and dinner as well. It's a snap to make, and can only become a family favorite way to eat vegetables. StockFood/Getty pictures This chicken and broccoli recipe is a wonderful flavor match, and this easy-inspired dish of classic Chinese cuisine - it's sure to become a favorite weeknight dinner. Quick to prepare and cook, this chicken and broccoli recipe is full of flavor and packed with all the nutrition you may need. The recipe includes simple tips for velvety a chicken breast, to lock in the moisture and give the meat a softer, more intense flavor. Serve this recipe in addition to boiled rice or noodles for a satisfying and healthy meal that you can enjoy at any time. Anytime.