

**Sesame Broccoli & Celery in Orange Sauce**

**Orange Sauce**

- 2 - teaspoons Dijon Mustard
- 2 - teaspoons Soy Sauce, low sodium
- 1 - Tablespoon Orange Juice, concentrate
- 1/8 - teaspoon Chili Powder
- 1 ½ - teaspoon Sesame Seeds, toasted
- 2 - teaspoons Cornstrach

**Vegetables**

- 1 - Broccoli, florets
- 1 - Tablespoon Olive Oil
- 1 - Shallot, minced
- 4 - Celery Stalks, sliced on the bias
- 1 - Garlic Clove, minced
- 1 - Tablespoon Honey

**Instructions:**

**For Sauce:** Mix the first 6 ingredients above in a small bowl, set aside.

**For Vegetables:** Steam broccoli in microwave with 2 Tbsp. of water. Remove and set aside.

In large skillet over medium heat, add the oil, and then the shallots. Saute until soft, about 2 minutes.

Add the celery and cook about 2 minutes, then the garlic and honey for about 30 seconds.

Add the sauce to the skillet and heat through, then add the Broccoli, stir to coat and heat through. Cook to al dente.

Yield: 4 to 5 servings  
Prep time: 15 minutes  
Cook time: 10 minutes