

Festive Broccoli with Cranberries



Ingredients

- 4 cups of broccoli florets
- 3 garlic cloves, minced or 1-1/2 teaspoons of minced garlic in water
- 1/2 cup of dried cranberries
- 2 teaspoons of your favorite olive oil
- Black pepper (optional)

Directions

1. In a large skillet, heat olive oil over medium heat
2. Add minced garlic and sauté for 1 minute
3. Add broccoli and cranberries and sauté for 3 minutes or until broccoli is slightly tender
4. Add pepper per taste

Nutrition Facts

Serving Size 1/2 cup

Amount Per Serving

Calories 100 Calories from Fat 20

Total Fat 2g

Cholesterol 0mg

Sodium 10mg

Total Carbohydrate 18g

Dietary Fiber 3g

Protein 1g



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