

# Broccoli with Caramelized Onions & Pine Nuts

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[http://www.eatingwell.com/recipes/broccoli\\_with\\_caramelized\\_onions\\_pine\\_nuts.html](http://www.eatingwell.com/recipes/broccoli_with_caramelized_onions_pine_nuts.html)

4 servings,  $\frac{3}{4}$  cup each

Active time: 15 minutes

Total time: 25 minutes



## Ingredients:

- 3 tablespoons pine nuts, or chopped slivered almonds
- 2 teaspoons extra-virgin olive oil
- 1 cup chopped onion (about 1 medium)
- $\frac{1}{4}$  teaspoon salt, or to taste
- 4 cups broccoli florets
- 2 teaspoons balsamic vinegar
- Freshly ground pepper, to taste

## Preparation:

1. Toast pine nuts (or almonds) in a medium dry skillet over medium-low heat, stirring constantly, until lightly browned and fragrant, 2 to 3 minutes. Transfer to a small bowl to cool.
2. Add oil to the pan and heat over medium heat. Add onion and salt; cook, stirring occasionally, adjusting heat as necessary, until soft and golden brown, 15 to 20 minutes.
3. Meanwhile, steam broccoli until tender (4 to 6 minutes). Transfer to a large bowl. Add the nuts, onion, vinegar and pepper; toss to coat. Serve immediately.

Nutrition Facts (per serving):

- Calories – 102
- Fat – 7 g
  - Saturated fat 1 g
  - Monounsaturated fat 3 g
- Cholesterol – 0 mg
- Carbohydrate - 9 g
- Protein – 3 g
- Fiber – 3 g
- Sodium – 166 mg
- Potassium – 328 mg