



## Broccoli Side Salad

Here's a simple salad for broccoli fans. Broccoli is so healthy, that any excuse to eat it is a good one.

But what if you don't like broccoli all that well?

Learn the secret of adding orange juice with this recipe. This is a simple, quick and easy recipe for when you need a good, healthy side dish to help complete a meal. This recipe is only slightly warmed, so you keep the nutrients in where they belong: in the broccoli!

### Ingredients

2 cups broccoli florets

½ can cannellini beans, rinsed and drained

1 small sweet red pepper, diced

1 naval orange

1 Tablespoon chia gel

1 pinch paprika

Place the florets in a microwaveable bowl with a tablespoon of water and cover. Cook for 45-60 seconds. Zest & section a naval orange retaining the juice in a small cup. Add the cannellini beans, red pepper, zest and orange sections. Pour the orange juice and chia gel over the veggies. Sprinkle a dash of paprika over the veggies, cover, and microwave for 20-30 seconds.

Let's change some minds about broccoli!

Don't like broccoli? This side salad might change your mind. How we taste things depends mostly on the quantity and type of taste receptors we are born with. These receptors are clustered within the taste buds on the tongue and react to sweet, salty, sour and bitter foods. Broccoli sometimes sets off the "bitter" receptors too much, making some people hate the taste...but you can trick taste buds by adding a little something sweet at the same time!

Here, the orange sections lend a little bit of fruit-sugars to the salad which can trick taste buds into accepting broccoli. Why should you want to accept broccoli?

Raw broccoli is loaded with vitamin C, fiber, protein, potassium & vitamin A. "Cooking broccoli too long destroys the enzyme myrosinase which helps convert broccoli's cancer-fighting compound sulforaphane into its active form" reports Fitbe Magazine.