

# No-Fat Broccoli and Cherry Tomatoes

3 cups broccoli florets, broken into 3/4 inch pieces  
12 ounces (1 pint) cherry tomatoes, stems removed  
3/4 cup reduced fat chicken or beef stock  
1/8 teaspoon salt  
1/8 teaspoon cracked black pepper

Wash broccoli and tomatoes under running water. Heat broth, salt and pepper in a 12-inch skillet over High heat until bubbling. Add the broccoli and cook 2 minutes, stirring occasionally. Move broccoli toward the perimeter of the skillet. Add tomatoes to the center of the skillet and continue cooking 2 minutes to heat through, shaking the pan back and forth to turn tomatoes. Use care not to overcook tomatoes. If the skins split, the tomatoes will become too soft. Season to taste and serve.

**Servings: 4**

## Nutrition Facts

Serving size: 1 serving

Percent daily values based on a 2000 calorie diet.

Nutrition information calculated from recipe ingredients.

Amount Per Serving	
<b>Calories</b>	32.30
Calories From Fat (11%)	3.63
% Daily Value	
<b>Total Fat</b> 0.46g	<b>1%</b>
Saturated Fat 0.03g	<b>0%</b>
<b>Cholesterol</b> 0.00mg	<b>0%</b>
<b>Sodium</b> 189.00mg	<b>8%</b>
<b>Potassium</b> 353.18mg	<b>10%</b>
<b>Carbohydrates</b> 6.43g	<b>2%</b>
Dietary Fiber 0.84g	<b>3%</b>
Sugar 0.03g	
Sugar Alcohols 0.00g	
Net Carbohydrates 5.59g	
<b>Protein</b> 2.36g	<b>5%</b>

## Ingredient Links

*In order to calculate nutrition information for a recipe using its ingredients the recipe ingredients need to be linked to the ingredients in the ingredient database. The table below shows how the recipe ingredients are currently linked.*

Recipe Ingredient	Linked To
3 cups broccoli florets, broken into 3/4 inch pieces	3 x 1 cup, flowerets of Broccoli, flower clusters, raw
12 ounces (1 pint) cherry tomatoes, stems removed	2 x 1 cup of Tomatoes, red, cherry, raw
3/4 cup reduced fat chicken or beef stock	0.75 x 1 cup of Soup, SWANSON Chicken Broth 99% Fat Free
1/8 teaspoon salt	0.13 x 1 teaspoon of Salt, table
1/8 teaspoon cracked black pepper	0.13 x 1 teaspoon of Spices, pepper, black

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