

## Post-Holiday healthy meal (for 2 servings)

It is not a traditional holiday food, but our favorite simple meal that anyone can cook (yes, my 13-yo can do it on her own). I offer it as a post-holiday healthy meal option for single (or small) household with no cooking experience but adventurous enough to try a Korean flavor with easy to find ingredients.

### Sautéed broccoli

#### INGREDIENTS:

- 16 ounces of broccoli
- 4 tablespoons of water
- A pinch of salt, roasted sesame seed, a teaspoon of sesame oil

#### DIRECTIONS:

- Preheat a saucepan with 4 tablespoons of water and a pinch of salt
- Sautee cut broccoli until softly cooked (do not overcook for the best texture)
- Season with a teaspoon of sesame oil
- Sprinkle roasted sesame seed



### Rolled up egg

#### INGREDIENTS:

- 4 eggs
- 2 green onions, chopped
- A pinch of salt
- 2 tablespoons of oil (of your choice)

#### Directions:

- Whisk 4 eggs in a bowl with a pinch of salt and add chopped green onions
- Preheat frying pan (non-stick) scale it down to low heat and add 2 tablespoons of oil (spray is better)
- Pour the whisked eggs and put one corner of the pan over low heat
- Fold one corner and let it sit and repeat the process until the whole egg is rolled up
- Cut the rolled-up eggs into bite sizes

