



DR. SINATRA'S

ORANGE SALAD

Broccoli is best cooked *al dente*, so that it has a bit of crunch and retains its nutrients. Orange *supremes*- sections from which the skin, pith and membrane have been removed- give a sweet citrus flavor to the dressing. Red peppers and broccoli add crunch and color.

Choose organic produce whenever possible

- 2 tablespoons unsweetened pomegranate juice
- ½ teaspoon minced ginger
- 1 teaspoon minced garlic
- 1 tablespoon finely chopped shallots
- 1 tablespoon finely chopped fresh cilantro
- 1 teaspoon soy sauce
- 1 teaspoon toasted sesame oil
- 1 orange, *supremed*
- 1 teaspoon olive oil (extra-virgin or light)
- 1 red bell pepper, cored, seeded and finely diced
- 3-3 ½ pounds (about 4 small heads) fresh broccoli, cut into florets with 1- inch stems
- ¼ teaspoon salt
- Freshly ground black pepper, to taste

In a medium saucepan over medium-low-heat, combine the pomegranate juice, ginger, garlic, shallots, cilantro, soy sauce and sesame oil, and simmer for 10 minutes. Remove from the heat and add the orange supremes. Set aside. While the dressing simmers, prepare the vegetable salad. Heat the olive oil in a wok over medium heat. Add the red bell pepper and sauté for 4 minutes or until softened. Add the broccoli, salt and pepper and cook the broccoli about 2 minutes until it is al dente, or 1 minute longer to render it softer. Stir the broccoli so that it cooks evenly. Divide the vegetables among four plates. Drizzle it with the dressing and serve. Serves 4.

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