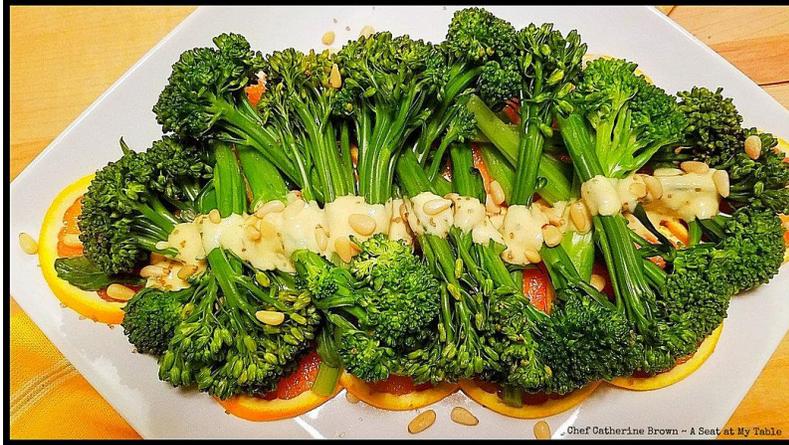


Steamed Broccolini with Orange Ginger Dressing

Catherine Brown, Plant-based Chef & Culinary Nutritionist at [A Seat at My Table](#)



Total Time: 30 minutes (plus 2 hrs soaking time for the dressing) Prep Time: 15 minutes COOKING TIME: 5 minutes

Here's what you need for 6 servings:

For the broccolini:

2 bunches of broccolini, washed

2 Cara Cara or naval oranges

2 Tbsp pine nuts, toasted

salt & pepper, to taste

ice water

For the Orange Ginger Dressing (makes ~ 1.5 cups)

1/2 cup plain cashews soaked in hot water for 2 hours

2 Cara Cara or navel oranges, zested, peeled and cut into chunks

2" piece of fresh ginger root, peeled

1/3 cup white wine or champagne vinegar

2 Medjool dates soaked in 1/4 cup hot water

1/4 cup fortified nutritional yeast* (optional)

Dash of salt & ground black pepper

* Fortified nutritional yeast is a good source of B vitamins, including vitamin B12. Not all brands of nutritional yeast are fortified, so check the label carefully. Nutritional yeast also lends some body and flavor to this dressing but it can be omitted if necessary.

The process:

1. Get the dressing started first. Place cashews in a bowl and pour enough HOT water over them to cover by 1/2". Set aside for two hours, occasionally stirring to submerge those floating on the surface. If you have a high-powered blender, soaking may not be necessary.
2. Zest the oranges. Cover the zest and refrigerate until needed. Peel the oranges, chop into chunks and put them in your freezer while waiting for the cashews to soak.
3. Remove the seeds from the dates, place in a small bowl and pour 1/4 cup HOT water over them. Set aside.
4. Keep the ginger and vinegar cold until needed.
5. Add the partially frozen orange chunks, 2/3 of the zest, the soaked and drained cashews, the dates AND their soaking liquid, the nutritional yeast, ginger, vinegar and S&P to your high-speed blender. Blend until completely smooth, scraping down sides if necessary. Taste and adjust seasoning if needed. Dressing should be slightly thick, creamy and pourable. Thin with orange juice, water or more vinegar if necessary. Refrigerate until needed (can be stored up to 1 week).
6. Ten minutes before cashews are done soaking, put a pot with a few inches of water on the stove to boil. Place clean broccolini in steaming basket once water is boiling. Cover and steam for no more than five minutes. If your steaming basket is small, cook one bunch at a time.

7. While broccolini steams, prepare an ice bath. In a large bowl, add 2-3 cups of ice and enough cold water to cover the broccolini. When broccolini is done steaming, remove from basket and plunge into ice bath. Leave the broccolini in the ice water for 2-3 minutes to stop the cooking. It should be bright green and tender crisp.

8. Thoroughly drain, shaking excess water. Blot dry.

9. Slice the oranges and arrange on a tray. Criss-cross the broccolini in an alternating pattern, pour dressing down the middle and sprinkle with toasted pinenuts, salt & pepper. Serve with additional dressing tableside.

Nutrition Facts	
Servings: 6	
Amount per serving	
Calories	185
	% Daily Value*
Total Fat 5.8g	7%
Saturated Fat 1.1g	5%
Cholesterol 0mg	0%
Sodium 19mg	1%
Total Carbohydrate 30.3g	11%
Dietary Fiber 6.6g	24%
Total Sugars 16g	
Protein 7.4g	
Vitamin D 0mcg	0%
Calcium 82mg	6%
Iron 2mg	9%
Potassium 602mg	13%
<small>*The % Daily Value (DV) tells you how much a nutrient in a food serving contributes to a daily diet. 2,000 calorie a day is used for general nutrition advice.</small>	
Recipe analyzed by verywell	

Nutrition information is for 1 cup (~ 6 spears), 2 tsp of pinenuts, and 2 Tbsp of dressing.

Some other options:

~ Place the cooked spears in a bowl, toss all with the dressing, then arrange on plates or platter

~ Chop the cooked broccolini into bite sized pieces, add to pasta, rice or another whole grain. Toss all with dressing.

~ Steam the broccolini 1-2 minutes less, then finish on the grill.

~ Steam the broccolini 1-2 minutes less, then finish in a med/hot skillet with 1 Tbsp sesame oil. Replace the pinenuts with sesame seeds.

~ Replace the oranges with lemons, and the Orange Ginger Dressing with my **Lemony Garlick Dressing!**

~ Drizzle with my Almond Butter Lime Sauce instead of the Orange Ginger Dressing and replace the pinenuts with sliced or slivered almonds.