



Makes 5 cups
Preparation Time: 20 minutes

INGREDIENTS:

1½ lb. broccoli (1 large head)

½ cup low-sodium vegetable broth

¼ cup whole wheat panko

4 cloves garlic, minced

2 tablespoons slivered sun-dried tomatoes (not oil-packed)

Freshly ground black pepper, to taste

Panko Broccoli with Sun-Dried Tomatoes

Supercharge your side dish skills with this colorful, crunchy, and totally crave-worthy panko broccoli recipe. Each floret is simmered in flavorful veggie broth until tender, and then mixed with garlic-infused **whole wheat panko bread crumbs** for a crispy textural contrast. (Panko is great because you don't need to toast it first. Just toss it in the pan with the broccoli for the last few minutes of the cooking process.) Strips of sun-dried tomato add bursts of umami-rich flavor and really dial up the intrigue of this five-ingredient dish. If you make a big batch, this is the perfect recipe to bring to a **potluck** to up the veggie count on everyone's plate.

For more vegan broccoli recipes, check out these tasty ideas:

- [The Best Broccoli Slaw](#)
- [Individual Broccoli and Wild Rice Casseroles](#)
- [Potato Broccoli Mini Frittatas](#)
- [Creamy Vegan Broccoli Chowder with Garlic Croutons](#)

By Ellen Boeke

- 1** Cut broccoli head into small florets. If you like, peel and thinly slice broccoli stalks. In an extra-large nonstick skillet cook broccoli in broth over medium-high 6 to 8 minutes or until crisp-tender, stirring occasionally.
- 2** Meanwhile, in a small bowl combine panko and garlic. Add to skillet with sun-dried tomatoes. Cook 2 to 3 minutes or until panko is toasted, stirring frequently. If you like, season with freshly ground black pepper.