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*Stir-Fried Broccoli with Mustard Glaze*

- 1 tablespoon butter -- melted
- 1 tablespoon packed brown sugar
- 1 tablespoon stone-ground mustard
- 1 tablespoon vegetable oil
- 4 cups broccoli florets -- 1 pound
- 3 tablespoons water
- 1 tablespoon water

Mix butter, brown sugar and mustard; set aside.

Heat oil in 10-inch skillet or wok over medium-high heat. Add broccoli; stir-fry 1 minute. Add 3 tablespoons water. Cover and cook about 3 minutes or until broccoli is crisp-tender.

Add butter mixture and 1 tablespoon water; toss until broccoli is coated.

Makes 4 servings (about 3/4 cup each)