

WHAT'S FRESH

Broccoli

Broccoli is in the same family as cauliflower, cabbage, brussel sprouts and bok choy. It is easy to like and prepare and highly nutritious as a great source of Vitamins A, C, K and fiber. Broccoli doesn't need cheese to be delicious!

Quick Tips:

- Choose heads of broccoli with deep green [almost purple] colored floret tops. Stem should be firm.
- Store whole uncut broccoli heads in an unsealed plastic bag in the refrigerator. Use within 5 days.
- Has your broccoli been kept too long and gone soft? Cut off the bottom 1 inch of the stem and place in cold water for at least 30 minutes or overnight.

How to cut broccoli:

First, rinse under cool running water and pat dry. Broccoli florets are typically cut from the stem into bite size pieces. The stalk is also edible so don't throw away money!



1. Remove stems

Place the broccoli head upside down with the florets on the cutting board. Cut around the stem to remove the florets where they connect to the stem.



2. Split florets

Cut florets into bite size pieces by cutting them in half through the stem and pulling them apart. Do not cut through the floret or you will have a green mess.



3. Trim stems

The stem has a tough outer layer that needs to be removed. Using a vegetable peeler or a paring knife, cut down the sides until you see the lighter layer inside.



4. Chop stems

Cut the stem into rounds, half moons (stem cut in half long ways) or quarters (stem cut into fours longways). Turn your cut stem and cut in opposite direction.



5. Shred stems

To shred the stem, follow steps 1&3 to clean the stem. Using a box grater, hold the stem at an angle and slide up and down. Be careful!

Ways to eat broccoli:

Steam: Add several inches of water to a pot with a steamer basket [or use a metal colander that will fit inside the pot]. Bring to a boil then add whole broccoli stems and florets. Cover. Steam for 4-5 minutes until bright green and tender.

Stir-fry: Heat 1 tablespoon of oil in a skillet over medium-high heat. When hot, add the florets, stirring to coat with oil. Add the stems 1 minute later. Continue cooking, stirring frequently, until bright and tender. Season with salt and pepper. For extra flavor, add minced garlic when you add the florets.

Roast: Preheat the oven to 425°F. Toss florets and stems in a few tablespoons of oil, salt, red pepper flakes and minced garlic or garlic powder. Spread the broccoli on a baking sheet in a single layer. Roast for 10 minutes. Turn broccoli; roast for 10 more minutes, or until browned and crispy.

Microwave: Place florets and stems in a microwave safe dish and pour 2-3 tablespoons of water over top. Cover and microwave on high for 3-4 minutes, or until bright and tender.

Try it fresh!

Add small florets to scrambled eggs, stir-fry, casseroles, soup and stews. Try adding it to macaroni and cheese, pasta or as a pizza topping.

Enjoy raw florets with hummus or low-fat ranch for a healthy snack. Add tiny florets or grated stem to salads or use grated stem to make a broccoli coleslaw.



Ingredients

Broccoli - 1-2 heads

Oil - 3 tablespoons

Garlic Powder - 1 teaspoon

Salt - 1/4 teaspoon

Black Pepper - 1/2 teaspoon

Red Pepper Flakes - 1/4 teaspoon

Roasted Broccoli

SERVES
6

Directions:

1. Preheat the oven to 425°F.
2. Wash broccoli and cut into florets. Remove the thick outer layer of the stem and cut into 1 inch slices.
3. Toss cut broccoli in a bowl with oil, garlic powder, salt, pepper and red pepper flakes.
4. Spread on a large sheet pan into one even layer. Make sure pieces are not touching (otherwise the broccoli will steam instead of roast; separate to 2 sheet pans or 2 batches as needed).
5. Bake for 10 minutes and stir broccoli on the pan to flip. Bake for another 10 minutes, or until browned and crispy.
6. Serve hot as a side dish or chilled on top of a green salad.



Ingredients

Broccoli - 1 head, florets & stems

Chicken - 1/2 pound
[breast or thighs]

Oil - 2 tablespoons

Rice - 1/2 cup [brown or white]

Garlic - 3 cloves, minced

Onion - 1 onion, small

Soy Sauce - 1/4 cup

Brown Sugar - 1 tablespoon

Ground Ginger - 1 teaspoon

Corn Starch - 1 tablespoon

Teriyaki Chicken & Broccoli Stir-Fry

SERVES
4

Directions:

1. Cook rice according to package directions.
2. While rice cooks, cut broccoli, onion and chicken.
3. In a small measuring cup, mix soy sauce, garlic, ginger, brown sugar and cornstarch. Set aside.
4. In a large frying pan, heat oil over medium high heat.
5. When hot, add chicken cubes. Cook for 3 minutes, stirring often.
6. Add broccoli and onions. Cook for 5 more minutes, continuing to stir often.
7. Turn the heat to Low. Vegetables should be crisp and brightly colored.
8. Stir the sauce and pour over the stir-fry. Mix well, sauce will thicken.
9. Serve over cooked rice.