



# Broccoli

## What is it?

Broccoli is a cool-weather crop, available only in the early summer or fall. It is a member of the cole family along with cabbage, cauliflower, Brussels sprouts, Chinese cabbage, and kale. Broccoli, along with those in the cole family of vegetables, contain bioflavonoids that help reduce the risk of cancer. It is also a good source of vitamin C, vitamin A & folate, along with calcium, iron, & other minerals.

.....

## Storage Tips

Wrap broccoli loosely in a plastic bag and keep it in the vegetable bin of the refrigerator. It keeps for over a week but is firmest and tastiest if used within a few days. To freeze: Blanch 2-4 minutes, rinse under cold water, drain, let dry, pack into containers. Broccoli will not be firm when thawed and is best used in soups & stews.

.....

## Usage Tips

Chop and separate florets, steam lightly for 5-7 minutes. For salads and veggie platters, you may first want to blanch broccoli in boiling water for 2 minutes and then chill it instead of serving completely raw. Serve chopped broccoli as a pizza topping. The stems are edible and chock full of nutrition, so don't toss them out. Slice them up and roast with the florets, add to stir-fries, soups, and omelettes.

A Vegetable E-booklet



# RECIPES

## Broccoli Slaw

### INGREDIENTS

- 2 heads of broccoli and stems
- 1/2 cup thinly sliced almonds, toasted
- 1/3 cup dried cranberries
- 1/2 small red onion, finely chopped

#### Buttermilk Dressing:

- 1/2 cup buttermilk, well-shaken
- 1/3 cup mayonnaise
- 2 tablespoons cider vinegar
- 1 tablespoon sugar (or less to taste)

Adapted from [www.smittenkitchen.com](http://www.smittenkitchen.com)

### INSTRUCTIONS

1. Trim broccoli, cut into large chunks. Peel outside of stems and cut into small pieces
2. Toss sliced broccoli with almonds, cranberries and red onion in a large bowl. Meanwhile, whisk the dressing ingredients in a smaller one, with a good pinch of salt and black pepper.
3. Pour the dressing over broccoli and toss it well.
4. Season well with salt and pepper to taste.

## Crispy Broccoli with Lemon and Garlic

### INGREDIENTS

- 1 pound fresh broccoli
- 3 tablespoons olive oil, divided
- 1/2 teaspoon coarse or kosher salt
- A few pinches of pepper flakes
- Finely grated zest of half a lemon
- 1 large or 2 small garlic cloves, minced
- Juice of half a lemon, to finish

Adapted from [www.smittenkitchen.com](http://www.smittenkitchen.com)

### INSTRUCTIONS

1. Heat oven to 425°F
2. Wash broccoli well and slice stems & floret.
3. Drizzle 1 T of oil over your baking sheet, brush to evenly coat. In a bowl, toss florets and stems with remaining olive oil, garlic, pepper flakes, salt and lemon zest until evenly coated. Spread broccoli in an even layer in prepared pan.
4. Roast for 20 min, flip, move pieces for even cooking. Roast another 10 -15 min, checking every 5, until broccoli is toasty and as crisp as you like it.
5. From the oven, season to taste. Shower with fresh lemon juice and eat immediately.