

Give Your Family More of the Good Stuff!



\$hop and \$ave

Choose fresh broccoli with a firm stem and tightly packed, dark green heads.

Avoid broccoli that looks limp, has an odor or has buds opening to show yellow.

Although broccoli is available year round, it may cost less during peak months of October through April.

Frozen broccoli is available year round and might be cheaper than fresh. Check the cost per ounce to find the cheapest package size and brand.

Broccoli Basics

Broccoli is an excellent source of vitamins A, C and K



Types of Broccoli

Green broccoli (Calabrese) -

most common type

of broccoli. Light green stalks with dark green



heads of closed flower buds. Stems, leaves and head are edible.

Broccolini – a natural cross



between broccoli (Calabrese) and Chinese broccoli (kai lan). Dark green in color with small heads and long thin stalks. It is sweeter and more tender

than broccoli.

Broccoflower (Romanesco) -

a cross between broccoli and cauliflower. Has bright, light green curds. Some varieties have



interesting shapes. Raw tastes much like cauliflower; cooked tastes more like broccoli.

l pound fresh broccoli makes about 2 cups chopped

Store Well Waste Less

 Store broccoli in the refrigerator in open or perforated plastic bags (make 20 holes in a medium bag).
For best quality use within a week.

Wash just before using.

Stalks are nutritious too! Cut them in even slices or strips so they cook quickly. Heavy, woody stalks may need to be peeled.



 Broccoli can be frozen. Blanching first helps keep the color and flavor at best quality.

This material was funded by USDA's Supplemental Nutrition Assistance Program (SNAP). SNAP provides nutrition assistance to people with low income. SNAP can help you buy nutritious foods for a better diet. To find out more, contact Oregon SafeNet at 211. USDA is an equal opportunity provider and employer.

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Cooking with Broccoli

Fix Broccoli Many Ways

Serve **raw** in a salad, on a veggie tray with hummus or low-fat dip or grate the stalk to use in slaw.

Toss with a small amount of oil and roast at 400 to 450 degrees F.

Steam in a steamer basket over boiling water in a covered saucepan.

Microwave on high in a small amount of added water.

Sauté in a small amount of oil.

Boil in enough water to cover.

Cook only until tender. Overcooking may cause broccoli to turn an olive-green color and have an unpleasant sulfur odor.

Cooking time depends on size of pieces. Test by poking with a fork.

Broccoli & Everything Salad

Ingredients:

3 cups fresh broccoli, chopped 1 medium carrot, peeled and diced 2 stalks celery, thinly sliced 1/2 cup raisins 1/4 cup onion, chopped 1 cup **cooked ham**, **chicken** or **turkey**, diced 1/4 cup light mayonnaise ¹/₂ cup nonfat **plain yogurt** 1 Tablespoon sugar 1 teaspoon vinegar

Directions:

1. In a large bowl mix together broccoli, carrot, celery, raisins, onion and cooked meat.

2. In a separate bowl, mix together mayonnaise, yogurt, sugar and vinegar.

3. Add mayonnaise mixture to salad and mix well.

4. Refrigerate leftovers within 2 hours.

Makes 5 cups Prep time: 15 minutes

Go to FoodHero.org for easy, tasty broccoli recipes

Sesame Broccoli

Ingredients:

- 1 Tablespoon sesame seeds (optional)
- 1 teaspoon sesame oil (or vegetable oil)
- 3 cups chopped **broccoli**, fresh or frozen
- 2 Tablespoons water
- 1 Tablespoon vinegar or water
- 2 teaspoons soy sauce
- 1 Tablespoon sugar
- 1 teaspoon corn starch
- 1/8 teaspoon red pepper flakes (optional)

Directions:

1. Toast sesame seeds (if using) in a dry skillet on medium-high heat for 3 minutes or until golden brown. Set aside.

2. In a medium skillet sauté broccoli in oil over medium heat for 2 to 3 minutes.

3. In a small bowl combine water, vinegar, soy sauce, sugar, cornstarch and red pepper flakes (if using).

4. Add the sauce mixture to the broccoli in the skillet. Stir and cook until the broccoli is tender and the sauce has thickened, about 3 to 5 minutes. Sprinkle with toasted sesame seeds (optional). Serve.

5. Refrigerate leftovers within 2 hours.

Makes 2 cups Prep time: 10 minutes Cook time: 15 minutes

When kids help make healthy food, they are more likely to try it. Show kids how to:

- wash produce under cool running water.
- measure ingredients and stir them together.
- peel or cut vegetables.