

BROCCOLI

Types

Broccoli may be sold in bunches of one or more large heads, as smaller heads (or “side-shoots”), or in bags of florets cut from larger heads.

There are different types of broccoli: annual green (or more rarely, purple) “heading” broccoli; “romanesco,” which has yellowish green, conical groups of buds arranged in spirals.

Selection Info

Look for dark green bunches that have no yellowing or odor. Floret leaves should be evenly colored with no wilting. Avoid thick, fat, or woody stalks.

Preparation

Wash under cool running water to remove any dirt before using. Cut off leaves and any woody spots.

Raw: Cut each head into small florets. Peel the large round stem with a paring knife and make sticks with the stem as you would with carrots or celery.

Steam on Stovetop: Trim broccoli into smaller florets and place in a steamer basket. Bring water to a boil. Steam broccoli covered for about 4 minutes. Broccoli should be bright green and tender (not wilting).

Steam in Microwave: Trim broccoli and place small florets in a microwave safe

bowl. Add 2 tablespoons of water to the bottom of the bowl and cover with moist paper towel. Cook for about 2 minutes until bright green and tender.

Cook Frozen Broccoli: Place frozen broccoli in saucepan with about 2-3 inches of water in the bottom. As water begins to boil, immediately remove the pan from the burner. Drain the water from the pan and serve.

Sauté: Cut into small florets and sauté on medium heat with olive oil or butter until broccoli is tender when poked with a fork. To quicken the cooking process, add a few tablespoons of water and cover with a lid. Add other vegetables to the skillet such as peppers, onions, zucchini, or carrots to make a stir fry. Season with soy sauce to taste.

Roast: Heat the oven to 350°F. Cut and trim the broccoli into desired sizes. Toss with olive oil and salt in a bowl and spread broccoli on a baking sheet in a single layer. Bake 20-25 minutes, watching carefully so the tops of the florets do not burn.

Storage

Short-Term Storage: Wash broccoli and store it in a plastic bag with a damp cloth in the refrigerator. Broccoli will last 5-6 days (discard once if it smells bad, is yellow, or is slimy).

Tip: Once you return from the market, cut the heads into smaller spears to make preparation and storage easier.

Long-Term Storage: Broccoli will last 3-4 months in the freezer.



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BROCCOLI POTATO SOUP

Ingredients


- 4 cups broccoli (chopped)
- 1 small onion (chopped)
- 4 cups low-sodium chicken (or vegetable) broth
- 1 cup nonfat evaporated milk
- 1 cup dehydrated potatoes prepared with 1 cup water, or 4 potatoes diced
- salt and pepper (to taste)
- 1/4 cup shredded cheese (like cheddar or American)

Directions

1. Combine broccoli, onion, and broth in large sauce pan. Bring to a boil.
2. Reduce heat, cover, and simmer until vegetables are soft (about 10 minutes).
3. Add milk, then slowly stir in potatoes.
4. Cook, stirring constantly, until bubbly and thickened.
5. Stir in a little more milk or water if soup becomes too thick. Add salt and pepper to taste.
6. Spoon into bowls and top with 1 tablespoon cheese.



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Nutrition Information

Serving Size 1/4 cup

Nutrients	Amount
Total Calories	190
Protein	14g
Carbohydrates	30g
Dietary Fiber	4g
Total Fat	2.5g
Saturated Fat	1.5g
Cholesterol	10mg
Sodium	300mg