

# 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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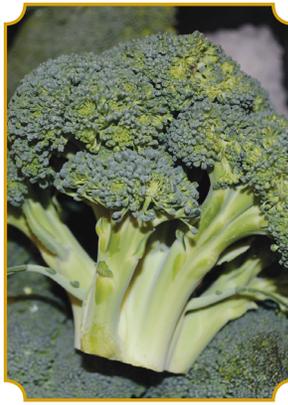
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# BROCCOLI POTATO SOUP

## 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)



Learn more about BROCCOLI by scanning the QR code above or by visiting <https://extension.purdue.edu/foodlink/food.php?food=broccoli>

 Share your recipes!

### Nutrition Information

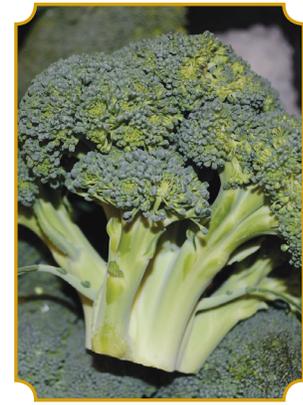
Serving Size 1/4 cup

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

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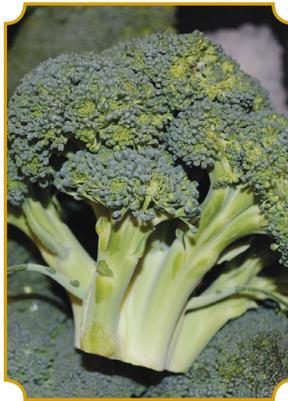
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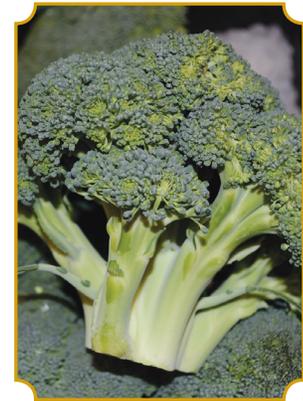
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