

A simple guide to

BROCCOLI

Thick green stalks with a head of florets ●●●●●

Becomes sweet & tender when cooked ●●●●●

Raw broccoli is slightly sweet with a great crunch ●●●●●



In Season

April - June

J F M A J A S O N D

How To Select



Look for tightly bound, dark green florets with firm stems & stalks.



Avoid yellow or brown spots & flowering buds.

How To Store

- Wrap in a damp paper towel & refrigerate up to 1 week. Avoid washing until ready to eat.

How To Prepare

Steamed

Place steamer basket over 1 inch of boiling water in a pot. Add cut broccoli to basket & cook 5-6 minutes until tender.

Place cut broccoli in a microwave-safe bowl & add 2-3 Tbsp of water. Cover with a plate & microwave 2-4 minutes until tender.

Raw

Remove tough leaves & cut florets as desired. Trim woody stalk ends & cut or shred as desired. Rinse before eating.

Roasted

Cut as desired, toss in olive oil & seasoning of choice. Roast at 400°F 15-20 minutes until tender.

Tip: Save thick stalks for shredding into slaws & salads!





BROCCOLI SALAD

Ingredients:

- 1/2 cup olive oil mayonnaise
- 1 lemon, juiced
- 2 Tbsp apple cider vinegar
- 1 tsp honey
- 1/2 tsp black pepper
- 1 large head broccoli, finely chopped
- 1/2 cup dried cranberries
- 1 red onion, finely diced
- 3/4 cup sliced almonds

Preparation:

1. In a large bowl, add mayonnaise, lemon juice, vinegar, honey & pepper. Stir to combine.
2. Add broccoli, cranberries, onion & almonds. Toss to combine.
3. Refrigerate 1 hour before serving.

10 Min | Serves 8

Nutrition Facts	
8 servings per recipe	
Serving size	(70g)
Amount per serving	
Calories	150
% Daily Value*	
Total Fat 11g	14%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 5mg	2%
Sodium 125mg	5%
Total Carbohydrate 13g	5%
Dietary Fiber 2g	7%
Total Sugars 9g	
Includes 1g Added Sugars	2%
Protein 3g	
Vitamin D 0mcg	0%
Calcium 35mg	2%
Iron 1mg	6%
Potassium 148mg	4%

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Are calories & sodium close to a match?



This recipe is 1 for 1 certified & meets a lower sodium standard.

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