

# Tips

## Selection:

Choose odorless broccoli heads with tight florets. They should be uniformly colored, either dark green, bluish-green, or purple-green, depending upon variety, and with no yellowing.

## Preparation:

Broccoli can be eaten raw or cooked. Methods for cooking include steaming, boiling, microwaving, or roasting in an oven. Avoid over cooking broccoli. A bright green color is desirable after cooking. Wash under running water before preparing or eating.

## Storage:

Broccoli is very perishable and should be stored in the refrigerator and consumed within 3-5 days for best quality. Store in an open plastic bag to avoid excess moisture, which causes mold to grow. Do not wash the broccoli before refrigerating. Frozen broccoli can be stored in the freezer for 10-12 months. If you want to freeze fresh broccoli it is recommended that you blanch (briefly cook in boiling water) it first and then freeze. Leftover cooked broccoli should be placed in a tightly covered container and stored in the refrigerator where it will keep for a few days.

## Availability:

Broccoli is available fresh or frozen all year round, with peak harvesting in the cold, winter months.

## Nutrition Information:

Broccoli is a good source of vitamin C, K, A, folate, and calcium. A 1/2 cup serving of broccoli provides about 25 calories and 2 grams of fiber. It is recommended we get about 2-3 cups of vegetables a day.

# Broccoli with Raisin Salad

## Ingredients

- 4 cups broccoli florets
- 1 cup chopped green pepper
- 1 cup sliced carrots
- 1/2 red onion, chopped (not too fine)
- 1/3 to 1/2 cup raisins

## Dressing

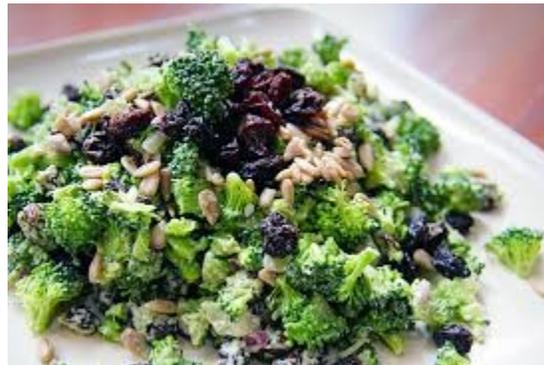
- 1 cup of mayonnaise \*
- 2 Tbsp white vinegar

\*mayonnaise can be substituted with plain yogurt or use 1/2 cup of each.

## Directions

1. Mix the broccoli, green pepper, carrots, onions, and raisins in a mixing bowl.
2. In a separate container mix the mayonnaise and white vinegar.
3. Pour dressing over salad to marinate and place in refrigerator for half a day.

<http://www.cooks.com/>



# Broccoli



## Broccoli Garden Salad

Try this colorful salad for lunch or dinner. The carrots and nonfat vanilla yogurt add sweetness while the peanuts add a nice crunch.

### Ingredients

3 cups broccoli florets  
1 cup grated carrots  
1 cup sliced cauliflower  
1 cup chopped apples  
1/2 cup sliced green onions  
1/4 tsp ground cinnamon  
1 cup nonfat light vanilla yogurt  
1/4 cup roasted chopped peanuts

### Directions

1. Wash all vegetables.
2. Toss all ingredients together in a large mixing bowl.
3. Refrigerate until ready to serve, up to 6 hours. Serve chilled.

You can garnish with a sprinkle of ground cinnamon and serve on a bed of salad greens. Serves 4. One cup per serving.

### Diabetic Exchanges:

Bread & Starch: 1.0

Vegetable: 1.0

**Total Preparation & Cooking Time:** 10 min.

Source: Foodandhealth.com



## Broccoli Au Gratin

*Low Fat Recipe*

Makes 6 servings

### Ingredients

4 cups chopped broccoli  
1 can (10 3/4 oz.) condensed cream  
of celery or mushroom soup  
2 Tbsp. chopped pimiento (optional)  
2 Tbsp. chopped green pepper  
2 Tbsp. grated Parmesan cheese

### Directions

1. Heat oven to 350 degrees.
2. Steam or boil broccoli until cooked.
3. Drain broccoli and place in a shallow 1-qt. casserole dish.
4. In small bowl, combine remaining ingredients except Parmesan cheese. Pour over broccoli.
5. Bake uncovered at 350 degrees for 20-25 minutes or until bubbly.
6. Sprinkle with Parmesan cheese.

### Nutritional Analysis per serving:

Calories 66, Protein 4 g, Fat 3 g,  
Carbohydrate 8 g, Sodium 427 mg



## Chicken Broccoli Frittata

### Ingredients

1 cup chopped fresh broccoli florets  
1/2 cup chopped cooked chicken  
1/4 cup chopped tomato  
1/4 cup chopped onion  
1/2 teaspoon dried Italian seasoning  
1 tablespoon margarine (or oil)  
1 cup egg, beaten or egg substitute

### Directions

1. Cook and stir broccoli, chicken, tomato, onion and Italian seasoning in margarine or oil in 10-inch nonstick skillet over medium heat until tender-crisp.
2. Reduce heat to low. Pour egg mixture evenly over chicken mixture; cover.
3. Cook 5 to 7 minutes or until egg mixture is cooked on the bottom and set on top.
4. Slide onto serving platter; serve warm.

