

Broccoli

Key Points

- For the best buy, choose broccoli with dark green florets and stems.
- To prepare broccoli, wash and trim florets from stalks. Enjoy florets raw or cooked.
- To keep fresh, store in the refrigerator, unwashed in a plastic bag for up to 1 week.
- Broccoli contains vitamin C, which is good for fighting colds and healing cuts.



Broccoli Stir-fry

Ingredients:

2 teaspoons vegetable oil
2 garlic cloves, minced
3 cups broccoli florets
2 carrots, chopped
1 bell pepper, cut into strips
1 onion, chopped
2 tablespoons lemon juice
1/2 teaspoon salt (optional)

Directions:

1. In a large frying pan, add oil and garlic. Cook over high heat for 2 minutes.
2. Add broccoli, carrots, and 1/2 cup of water. Cook for 3 minutes, stir often.
3. Add pepper and onion. Continue to cook for 5 more minutes, and continue to stir often.
4. Remove from heat. Vegetables will be crisp and brightly colored.
5. Toss with lemon juice and salt.
6. Serve and enjoy!
7. Refrigerate leftovers.

Makes 5 servings.

Broccoli Chickpea Dip

Ingredients:

4 cups chopped broccoli
2 garlic cloves
2 cups cooked chickpeas
1 teaspoon cumin
1/4 cup lemon juice
2 tablespoons vegetable oil

Directions:

1. In a large pot over high heat bring 2 cups of water to a boil.
2. Add broccoli and cook for 5 minutes.
3. Rinse broccoli under cold water until cool.
4. Puree all ingredients in a blender.
5. Serve or chill. Enjoy!
6. Refrigerate leftovers.

Makes 8 servings.

Adapted from www.nytimes.com

Quick Tips

- Eat raw broccoli with a low-fat salad dressing for a healthy, crunchy snack!
- Add broccoli to pasta dishes and on top of pizza.
- Steam broccoli with garlic for a delicious side dish.
- **Kids can help!** Breaking pieces of broccoli off the stalk is an easy, fun way to enjoy cooking with your child!

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