

BROCCOLI

Nutrition Facts:

- Broccoli is a good source of fiber for a **healthy digestive system**.
- It contains multiple compounds with potent **anti-cancer properties**.
- Broccoli consumption may also help **prevent heart disease**.
- Broccoli can provide you with some special **cholesterol-lowering benefits** if you will cook it by steaming.
- Broccoli has unique **anti-inflammatory benefits**.
- Broccoli is very high in Vitamin A, an important antioxidant for the body.



Broccoli is a nutrient-packed vegetable with a bad rap. This versatile vegetable is a great addition to many dishes or by itself to provide your body with some essential nutrients for good health. It can taste great and can even help fight disease.

What about kids?

Studies have shown that even kids like broccoli! One way to ensure that they enjoy it is to cook it properly by using a healthy steaming method. Overcooked broccoli becomes soft and mushy, an indication that it has lost nutrients and flavor.

Broccoli Fun Facts!

- Broccoli is a plant in the cabbage family, whose large flower head is used as a vegetable.
- The word broccoli, from the Italian plural of broccolo, refers to "the flowering top of a cabbage."
- Broccoli is often boiled, steamed, baked in casseroles, added to soups or eaten raw in salads or as a snack.
- The leaves may also be eaten. Broccoli was first introduced to the United States by Italian immigrants but did not become widely known there until the 1920s.



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HOW TO:

STORE: Keep fresh broccoli either cut or whole in the refrigerator. Cut florets can be stored in a plastic bag or container. Eat cut florets within a few days.

EAT:

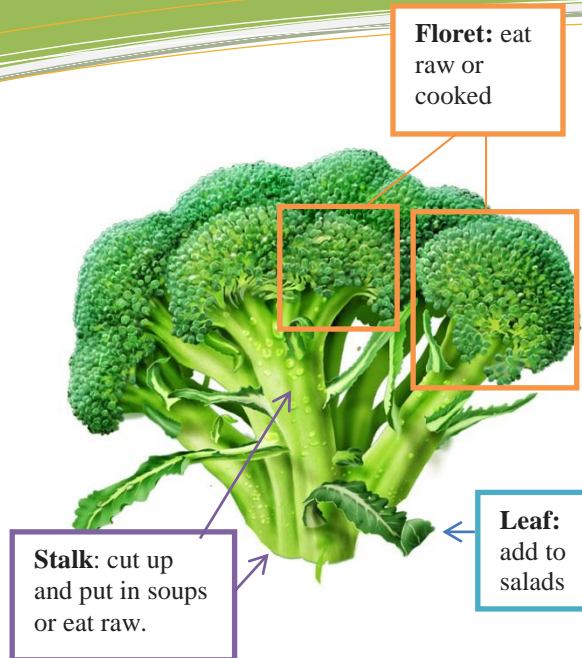
- ✓ Raw in salads or dipped in dressings
- ✓ As a side dish with any meat, fish.
- ✓ In soups. Broccoli accents many soups very well.
- ✓ Seamed, sautéed, broiled.
- ✓ In stir-frys or casseroles

Prepared by Hopelink Volunteers

References:

1. <http://az.naturesgardendeli.com/blog/top-10-fun-facts-about-broccoli/>
2. <http://www.thewannabecheff.net/2011/09/14/nutty-roasted-broccoli-2/>
3. 2008, Barefoot Contessa *Back to Basics*
4. <http://en.wikipedia.org/wiki/Broccoli>
5. <http://www.whfoods.com/genpage.php?tname=foodspice&dbid=9>
6. photo:

How To Prepare BROCCOLI



How to Prepare:

1. Rinse broccoli under cool running water to wash off any dirt and debris clinging to the **florets**.
2. Cut off the **leaves** and trim away woody section of **stalks**.
3. Cut broccoli into **florets** and cut the stalk into thin slices so they'll cook evenly.
4. Steam in a collinder over boiling water for 5 minutes.

Parmesan Roasted Broccoli

Ingredients:

- 4 to 5 pounds broccoli
- 4 garlic cloves, peeled and thinly sliced
- 3 tablespoons olive oil
- 1 1/2 teaspoons salt
- 1/2 teaspoon ground black pepper
- 2 teaspoons grated lemon zest
- 2 tablespoons freshly squeezed lemon juice
- 3 tablespoons pine nuts, toasted (optional)
- 1/3 cup Parmesan cheese

Preheat the oven to 425 degrees F.

1. Cut the broccoli florets from the thick stalks, leaving an inch or two of stalk attached to the florets, discarding the rest of the stalks.
2. Cut the larger pieces through the base of the head with a small knife, pulling the florets apart. You should have about 8 cups of florets.
3. Place the broccoli florets on a sheet pan large enough to hold them in a single layer.
4. Toss the garlic on the broccoli and drizzle with 3 tablespoons olive oil. Sprinkle with the salt and pepper.
5. Roast for 20 to 25 minutes, until crisp-tender and the tips of some of the florets are browned.

Remove the broccoli from the oven and immediately toss with the lemon zest, lemon juice, pine nuts (optional), Parmesan.



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