

# RAPINI

## AKA: BROCCOLI RABE

### Nutrition Facts:

This delicate looking vegetable is incredibly nutrient packed!

It is a source of:

- Vitamin K for **healthy bones and blood.**
- Vitamin A and C for **fighting oxidative damage and keep the body healthy.**
- Calcium for **strong bones and muscles.**
- Iron for **healthy blood.** Eat Rapini with lemon to get the maximum benefits of iron.
- Other compounds that **help the eyes** as they age.



Rapini (or Broccoli Rabe) is a nutty, bitter and pungent vegetable.

Its flavor is best enjoyed steamed, braised, roasted, or stir fried and goes particularly well with garlic, chili, and lemon.

### Fun Facts!

- Mediterranean and Asian cultures have been using this vegetable for many years for its versatility, health benefits, and distinct flavor.
- Despite the fact it looks a lot like broccoli, it is more closely related to the turnip.
- The leaves, stems and bud tops are all edible.
- The little yellow flowers that will show from the buds are not only pretty but also edible.
- Bitter vegetables like rapini improve digestion. If bitter isn't your thing, reduce bitter taste with lemon, vinegar, garlic, or chili flakes. Roasting the vegetable also helps bring out some natural sweetness.



## HOW TO:

**STEAM:** Boil a pot of water, place a colander on top of the boiling water. Place Rapini in to colander and cover. Cook for 5-8 minutes or until the rapini is tender when poked with a fork. Toss with olive oil or butter and some lemon. Salt and pepper to taste.  
**Bitterness: Medium**

**SAUTEED:** In a medium saucepan on medium heat, add 1 tablespoon of oil. Allow the oil to heat up for 30 seconds. Add rapini and sauté for 8-10 mins or until it is tender when poked. This method is great with garlic (fresh or powdered) salt, and a little lemon.

**Bitterness: Low-Medium**

Prepared by Hopelink Volunteers

### References:

1. Rapini. Healthaliciousness.com. Rapini. Wikipedia.com
2. Lincoln, D. "Getting to know Broccoli Rabe (aka Rapini)". <http://blogs.kqed.org>
3. Ray, Rachel. Garlic Rapini. [www.foodnetwork.com](http://www.foodnetwork.com)
4. Photo: large: beachloverkitchen.com
5. Photo: pasta and rapini: tastefoodblog.com
6. Photo: groovyfoody.com

# How To Prepare RAPINI



Combine the recipe below with pasta and tomatoes for a fresh, filling meal!

Enjoy rapini as a side dish to pork, chicken or sausage. You can also chop cooked rapini and add to hot or cold pasta or cooked beans for a satisfying, well rounded vegetarian meal.

Use rapini in soups, stews, or casseroles for an added boost of vitamins and minerals. Add rapini to the soup or stew in the last 20-30 minutes of cooking for tender leaves and stems.

## Garlic Braised Rapini

### Ingredients:

- 4 cloves garlic, minced
- 2 tablespoons extra-virgin olive oil
- 2 bunches rapini, about 2 pounds, bottom 3 or 4 inches of stems trimmed away
- 1 cup low sodium, no-fat chicken broth



1. Heat garlic in oil over medium heat in a large skillet until garlic sizzles in oil.
2. Add the rapini, as much as you can fit in pan at a time. Turn and coat with oil as you wilt the greens.
3. Add broth. Bring to a boil.
4. Cover and reduce heat to low. Simmer 10 to 12 minutes to soften the bitterness of the greens.

**Bitterness: Low**  
**Serves 2**



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