

# BROCCOLI

Broccoli is part of the cabbage family, it's name derives from the italian word "broccolo" which means "flowering top of cabbage". California produces 90% of the broccoli grown in the United States.

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## BEST COOKING METHODS

- STEAM
- ROAST
- RAW

## RECIPE IDEAS

- ROAST WITH GARLIC
- RAW WITH DIP
- SOUP
- IN PASTA

## STORAGE

- Refrigerate in a plastic bag for up to 5 days
- When the florets begin to yellow or brown, chop and freeze.

## NUTRITION

- Excellent source of fiber
- Rich in vitamins A and C, and potassium

## TIPS

- Broccoli stems are very nutritious! Grate or thinly slice stems and add to salads, soups, and stir fry. Yellowing broccoli is still safe and nutritious, but yellowed parts can also be trimmed off.

## HEALTHY BROCCOLI SLAW

- **3 tbsp** plain yogurt
- **1 tbsp** lemon juice or cider vinegar
- **1 tbsp** honey or brown sugar
- **1 tsp** mustard
- **1** crown broccoli, with stem
- **1/4** red onion, minced
- **1/4 c** dried cranberries or raisins
- **2 tbsp** sunflower seeds

IN A LARGE BOWL, WHISK TOGETHER THE YOGURT, LEMON JUICE, HONEY, MUSTARD, AND SALT AND PEPPER TO TASTE. SET ASIDE. SEPARATE BROCCOLI STEMS AND FLORETS. CHOP FLORETS INTO SMALL PIECES AND ADD TO BOWL. USING THE COARSE SIDE OF A CHEESE GRATER, GRATE BROCCOLI STEMS AND ADD TO BOWL (IF YOU DON'T HAVE A GRATER, SIMPLY SLICE THE STEMS AS THINLY AS POSSIBLE). ADD RED ONION, CRANBERRIES, AND SUNFLOWER SEEDS AND TOSS UNTIL EVENLY COMBINED. REFRIGERATE UNTIL READY TO SERVE. MAKES 4 SERVINGS.

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