Broccoli

Broccoli is part of the cabbage family, but instead of a head of leaves it produces a large head of flower buds. The broccoli commonly found at stores are picked before these flower buds have matured. Broccoli heads, leaves, and stems are all edible and all taste similar. Broccoli is a good source of vitamins C and K, as well as being high in fiber.

Cooking
Broccoli can be eaten raw, steamed, sauteed, or stir-fried to retain the most nutrients. It is also good roasted, in soups and stews, or even mashed! Don’t forget, the stems and leaves are also edible: slice thin for stir-fry or shred for salads and slaws.

Storage
Wrap loosely in a plastic bag and refrigerate for up to 1 week. Broccoli will begin to yellow if left too long, but is still safe and nutritious to eat. To freeze, pre-cut and pack in airtight containers or bags. Keep frozen up to 6 months.
Honey Mustard Broccoli Slaw

Serves: 4  Total Time: 15 minutes

**Ingredients:**
- 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 cup dried cranberries or raisins
- 2 tbsp sunflower seeds

**Quick Tips**
- Use prepared honey mustard dressing as a short cut
- Try adding shredded carrot or cabbage for color & variety
- Leftovers are good up to 1 week

**Directions:**
1. In a large bowl, whisk together the yogurt, lemon juice, honey, mustard, and salt and pepper to taste. Set aside.
2. Separate broccoli stems and florets. Chop florets into small pieces. Using the coarse side of a cheese grater, grate broccoli stems (alternately, slice stems as thinly as possible with a knife).
3. Add broccoli, red onion, cranberries, and sunflower seeds to the bowl and toss until evenly combined. Taste and season with salt and pepper. Refrigerate until ready to serve.