

What's Fresh:

Broccoli Rabe



It's naturally good!

- ◆ Low in fat and calories
- ◆ Excellent Source of Vitamins C & K
- ◆ Contains calcium & fiber
- ◆ 1 cup= 1 serving of veggies

Storage Tips:

Do not wash until ready to eat.
To keep fresh, store in an unsealed plastic bag in the refrigerator.
Use within 3-5 days.

What is Broccoli Rabe?

A cousin of broccoli, this unique veggie has edible stems like asparagus, leaves like turnip greens and small, broccoli-like florets.

- ◆ Cook it to mellow its bitterness & bring out its nutty flavor

Preparation Tips:

- ◆ Wash just before using: submerge in water to remove dirt, then rinse & pat dry.
- ◆ Trim off the very end of the stem and discard.
- ◆ Broccoli rabe can be cooked & eaten whole.
- ◆ If desired, cut before cooking. Separate the stems from the leaves. Chop them into 2-inch bite-size pieces. The stems take longer to cook.

Ways to eat broccoli rabe:



- ◆ Add it to omelets, scrambled eggs & frittatas. It pairs great with eggs.
- ◆ Add to pastas or on top of pizza. Broccoli rabe is a classic Italian staple.
- ◆ Add to mac & cheese or on a grilled cheese sandwich.
- ◆ **Steam it.** *Stove top:* In a pot with a steamer tray, bring a few inches of water to a boil. Add broccoli rabe and cover; steam for 2-4 minutes (cut up) 5-7 (if whole) or until bright and tender. Season with salt & pepper. *Microwave:* Place cut broccoli rabe in a microwave safe dish with 1/4 cup of water. Cover and microwave on high for 3-5 minutes, or until bright and tender. Stir once halfway through. Season to taste with salt, pepper, herbs & spices.
- ◆ **Sautee it.** Heat 2 Tablespoons of oil in a skillet over medium-low heat. Add whole broccoli rabe and stir to coat with oil. Cook, stirring occasionally for 5-7 minutes or until the stems are slightly tender & bright. If using cut broccoli rabe, add the stems first, then the leaves a few minutes later. Season with salt and pepper. For extra flavor, add minced garlic and red pepper flakes.
- ◆ **Roast it.** Preheat the oven to 425°F. Toss whole broccoli rabe with a few tablespoons of oil, salt, red pepper flakes and minced garlic or garlic powder. Spread on a baking sheet in a single layer. Roast for 10-15 minutes, rotating halfway through. It is done when the stems are tender and the leaves are crispy.



See more recipes on the back 

