

What's Fresh:

# Broccoli



## It's naturally good!

- ◆ Low in fat and calories
- ◆ Excellent Source of Vitamins C & K
- ◆ Good source of Vitamin A & Folate
- ◆ 1 cup= 1 serving of veggies

## Storage Tips:

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

## Too much of a good thing?

### Freeze it!

Boil the florets for 3 minutes, then transfer to a bowl filled with ice water. Drain, dry well, and store in a freezer-safe container for 4-6 months.

Use in cooked recipes.

## Preparation Tips:

- ◆ Wash broccoli just before using.
- ◆ Cut off and discard the bottom of the stem.
- ◆ Peel the tough outer layer of the stem to reveal the more tender, lighter green stalk.
- ◆ Separate the stem and florets.
- ◆ Slice the stem cross-wise into rounds. It's edible!
- ◆ Cut the top portion into bite-size florets

## Ways to eat broccoli:



- ◆ **Eat it raw.** Enjoy with hummus or low-fat ranch for a healthy snack. Finely chop broccoli and add it to salads or coleslaws.
- ◆ **Add to pastas, mac & cheese, or on top of pizza.**

- ◆ **Steam it.** *Stove top:* In a pot with a steamer tray, bring a few inches of water to a boil. Add broccoli florets and stems and cover; steam for 4-5 minutes until bright and tender. *Microwave:* Place florets and stems in a microwave safe dish and pour 2-3 tablespoons of water over top. Cover and microwave on high for 3-4 minutes, or until bright and tender.
- ◆ **Stir Fry it.** Heat 1 Tablespoon of oil in a skillet over medium-high heat. Add the florets, stirring to coat with oil. Add the stems 1 minute later. Continue cooking, stirring frequently, until bright and tender. Season with salt and pepper. For extra flavor, add minced garlic when you add the florets.
- ◆ **Roast it.** Preheat the oven to 425°F. Toss florets and stems in a few tablespoons of oil, salt, red pepper flakes and minced garlic or garlic powder. Spread the broccoli on a baking sheet in a single layer. Roast for 10 minutes. Turn broccoli; roast for 10 more minutes, or until browned and crispy.



See more recipes on the back 



# Make it a meal!

# RECIPES

## Broccoli Stir Fry\*

### Ingredients:

- |   |   |
|---|---|
| 2 cups brown or white rice, cooked                      | 1 tablespoon of oil                         |
| 2 garlic cloves, minced (or 1/4 teaspoon garlic powder) | 1/2 teaspoon fresh ground ginger (optional) |
| 3 cups broccoli florets and stems (1 head)              | 2 carrots, diced                            |
| 1 bell pepper, cut into strips                          | 1 onion, diced                              |
| 2 Tablespoons low-sodium soy sauce or lemon juice       |   |

### Directions:

1. In a large frying pan, heat oil. Add garlic and ginger (if using); cook, stirring constantly to avoid burning, for 1 minute.
2. Add broccoli, carrots, and 1/2 cup of water. Cook for 3 minutes, stirring often.
3. Add pepper and onion. Continue to cook for 5 more minutes, continuing to stir often.
4. Remove from heat. Vegetables should be crisp and brightly colored.
5. Toss with soy sauce or lemon juice. Serve over brown rice. Top with cooked chicken or pan-fried tofu.

## Broccoli Pasta

### Ingredients:

- |   |  |
|---|--|
| 12 oz. whole wheat pasta                              | 3 cups broccoli florets and stems (1 head)         |
| 1 Tablespoon oil                                      | 2-4 garlic cloves, minced (or 1 tsp garlic powder) |
| 1 teaspoon Italian seasoning (mix of basil & oregano) | 2 (15-oz.) cans of diced tomatoes, with juices     |
| Pinch of red pepper flakes (optional)                 | 1/2 cup parmesan cheese (optional)                 |
| Salt & pepper to taste                                |  |

### Directions:

1. Bring a large pot of salted water to a boil. Cook pasta according to package instructions. Add broccoli during last 4 minutes of cooking time. Drain and cover to keep warm.
2. Heat oil in a large skillet over medium heat. Add garlic; cook, stirring constantly for 1-2 minutes.
3. Stir in tomatoes, Italian seasoning and red pepper flakes (if using). Simmer, stirring occasionally, for 15-20 minutes, or until sauce has thickened. Taste and add salt and pepper if needed.
4. Add pasta and broccoli to the sauce. Mix to combine. Top with parmesan cheese if desired.

## Chicken, Broccoli & Rice Casserole

### Ingredients:

- |                                    |   |
|------------------------------------|---|
| 2 cups brown or white rice, cooked | 1 (10-oz.) can of chicken or 1 cup cooked chicken |
| 2 cups broccoli florets and stems  | 1 (10-oz.) can cream of chicken/mushroom soup     |
| 1/2 cup of milk or water           | 1/2 cup mozzarella cheese (optional)              |

### Directions:

1. Bring a pot of water to a boil. Add broccoli. Cook for 3-4 minutes or until bright green and tender. Drain.
2. Combine all ingredients (except cheese) in a casserole dish. Top with cheese, if using.
3. Bake at 350°F for 40-60 minutes or microwave using 50% power for 15-30 minutes, rotating or stirring as necessary. Casserole is done when the top is brown and bubbly.

### Stretch Your Food Dollars with **FREE** Double Up Food Bucks

When you use your SNAP BRIDGE CARD at participating farmers markets between **June 1-October 31** to purchase SNAP-eligible foods, Double Up Food Bucks will match what you spend— up to **\$20**, which you can use to buy Michigan grown fruits & vegetables.

For more info call **866-586-2796** or visit **[www.DoubleUpFoodBucks.org](http://www.DoubleUpFoodBucks.org)**

