

BROCCOLI



Broccoli is in season from July through October.

Tips for selecting broccoli

Select stems of broccoli 8 to 10 inches in length with heads that measure 3 to 6 inches across. Look for bunches with dark green heads. Do not choose broccoli with:

- open or spread out heads,
- moldy or mushy heads,
- yellow coloring of heads, or
- soft or limp stems.

Storage

Broccoli is best when eaten soon after picking but can be stored up to seven days in the refrigerator. Broccoli can be frozen—contact your county Extension office (counties.extension.wisc.edu) for information.

Preparation

Wash thoroughly in cold water. Snap or cut off end of stem. The heads and stems may be cut into small pieces (florets) or left whole. Broccoli may be used raw in salads, plain as a snack, or with dips. It may be boiled or microwaved.

Boil

Add broccoli to $\frac{1}{4}$ cup boiling water. Cook uncovered about 10 minutes, just until tender but still crisp.

Microwave

Add 1 tablespoon of water and microwave for about 4 minutes just until tender.

Key nutrients

- Calcium for strong bones
- Fiber to prevent constipation
- Iron for healthy blood
- Potassium to maintain normal blood pressure
- Vitamin A for vision, healthy skin, and resistance to infection
- Vitamin C for healthy gums, skin, and blood

Recipes

Italian broccoli with tomatoes

- 2 cups fresh broccoli florets
- 2 tablespoons water
- $\frac{1}{4}$ teaspoon oregano
- Dash of pepper
- 1 medium tomato, cut into wedges
- $\frac{1}{4}$ cup shredded mozzarella cheese

Put broccoli and water in 1-quart dish. Cover and microwave at high 3 to 5 minutes. Drain. Stir in seasonings and tomatoes. Microwave at high 1 to 2 minutes. Sprinkle with cheese. Microwave 1 minute. Serves 3; 50 Cal; 2 g fat.

Broccoli with cheese sauce

- 1 pound fresh broccoli
- 4 ounces mild cheese, sliced
- $\frac{1}{4}$ cup milk
- Salt to taste

1 drop red pepper sauce (optional)

Prepare and cook broccoli as directed under the **Preparation section** of this page. Heat remaining ingredients over medium heat, stirring frequently until cheese is melted and mixture is smooth, 6 to 8 minutes. Pour cheese sauce over broccoli. Serves 3; 175 Cal; 12 g fat.



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