



Broccoli

The Health Benefits of Broccoli

Broccoli is cancer-fighting and its high fiber protects against heart disease, diabetes and obesity. High calcium, folate and vitamin K support bone health and antioxidants keep skin looking young.

One cup of raw or 1/2 cup cooked broccoli provides:

- 31 Calories, 3 gm protein, 2 1/2 grams fiber, 0 fat, no cholesterol

Nutrients in Broccoli

- 100% of daily vitamin C in 1 cup. Also high in vitamins B6, folate, and the antioxidant, beta carotene. High in minerals calcium, zinc, iron, selenium and potassium
- Broccoli, like other cruciferous veggies, contains sulforaphane which fights breast, colon, stomach, pancreatic, cervical cancers
- Can be eaten raw with dips or hummus, mixed in salads, steamed, roasted, tossed in soups/casseroles or pureed into sauces or pesto

For more information, visit our website:
www.advancedhealth.com/healthy-bytes-initiative

Brought to you by the HEAL subcommittee of the Coos Community Health Improvement Plan and these sponsors:





Give Your Family More of the Good Stuff!



Shop and Save

- ✿ Choose fresh broccoli with a firm stem and tightly packed, dark green heads.
- ✿ Avoid broccoli that looks limp, has an odor or has buds opening to show yellow.
- ✿ Although broccoli is available year round, it may cost less during peak months of October through April.
- ✿ Frozen broccoli is available year round and might be cheaper than fresh. Check the cost per ounce to find the cheapest package size and brand.

Broccoli Basics

*Broccoli is an excellent source
of vitamins A, C and K.*

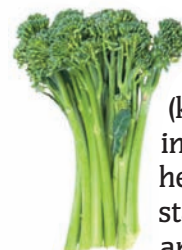


Types of Broccoli

Green broccoli (Calabrese) – most common type of broccoli. Light green stalks with dark green heads of closed flower buds. Stems, leaves and head are edible.



Broccolini – a natural cross between broccoli (Calabrese) and Chinese broccoli (kai lan). Dark green in color with small heads and long thin stalks. It is sweeter and more tender than broccoli.



Broccoflower (Romanesco) – a cross between broccoli and cauliflower. Has bright, light green curds. Some varieties have interesting shapes. Raw tastes much like cauliflower; cooked tastes more like broccoli.



Store Well Waste Less

- Store broccoli in the refrigerator in open or perforated plastic bags (make 20 holes in a medium bag). For best quality use within a week.
- Wash just before using.
- Stalks are nutritious too! Cut them in even slices or strips so they cook quickly. Heavy, woody stalks may need to be peeled.



- Broccoli can be frozen. Blanching first helps keep the color and flavor at best quality.

*1 pound fresh broccoli
makes about 2
cups chopped*

Cooking with Broccoli

Fix Broccoli Many Ways

- ✿ Serve **raw** in a salad, on a veggie tray with hummus or low-fat dip or grate the stalk to use in slaw.
- ✿ **Toss** with a small amount of oil and **roast** at 400 to 450 degrees F.
- ✿ **Steam** in a steamer basket over boiling water in a covered saucepan.
- ✿ **Microwave** on high in a small amount of added water.
- ✿ **Sauté** in a small amount of oil.
- ✿ **Boil** in enough water to cover.

Cook only until tender. Overcooking may cause broccoli to turn an olive-green color and have an unpleasant sulfur odor.

Cooking time depends on size of pieces. Test by poking with a fork.

Go to
FoodHero.org
for easy, tasty
broccoli recipes

Broccoli & Everything Salad

Ingredients:

- 3 cups fresh **broccoli**, chopped
- 1 medium **carrot**, peeled and diced
- 2 stalks **celery**, thinly sliced
- ½ cup **raisins**
- ¼ cup **onion**, chopped
- 1 cup **cooked ham, chicken or turkey**, diced
- ¼ cup **light mayonnaise**
- ½ cup nonfat **plain yogurt**
- 1 Tablespoon **sugar**
- 1 teaspoon **vinegar**

Directions:

1. In a large bowl mix together broccoli, carrot, celery, raisins, onion and cooked meat.
2. In a separate bowl, mix together mayonnaise, yogurt, sugar and vinegar.
3. Add mayonnaise mixture to salad and mix well.
4. Refrigerate leftovers within 2 hours.

Makes 5 cups

Prep time: 15 minutes

Sesame Broccoli

Ingredients:

- 1 Tablespoon **sesame seeds** (optional)
- 1 teaspoon **sesame oil** (or **vegetable oil**)
- 3 cups chopped **broccoli**, fresh or frozen
- 2 Tablespoons **water**
- 1 Tablespoon **vinegar** or **water**
- 2 teaspoons **soy sauce**
- 1 Tablespoon **sugar**
- 1 teaspoon **corn starch**
- ½ teaspoon **red pepper flakes** (optional)

Directions:

1. Toast sesame seeds (if using) in a dry skillet on medium-high heat for 3 minutes or until golden brown. Set aside.
2. In a medium skillet sauté broccoli in oil over medium heat for 2 to 3 minutes.
3. In a small bowl combine water, vinegar, soy sauce, sugar, cornstarch and red pepper flakes (if using).
4. Add the sauce mixture to the broccoli in the skillet. Stir and cook until the broccoli is tender and the sauce has thickened, about 3 to 5 minutes. Sprinkle with toasted sesame seeds (optional). Serve.
5. Refrigerate leftovers within 2 hours.

Makes 2 cups

Prep time: 10 minutes

Cook time: 15 minutes



**Kids
Can!**

When kids help make healthy food, they are more likely to try it. Show kids how to:

- ✿ wash produce under cool running water.
- ✿ measure ingredients and stir them together.
- ✿ peel or cut vegetables.