

ABC's– A Better Choice!

B is for Broccoli

Brought to you by: Froedtert and Community Memorial Dietitians

A member of the cabbage family and a close relative of cauliflower, broccoli packs more nutrients than any other vegetable. Broccoli contains large amounts of vitamin C and beta carotene which are important antioxidants. Consuming foods high in antioxidants can reduce the risk of some forms of cancer and heart disease.

This high fiber and low calorie veggie makes a great addition to any meal--- Add it to an omelet at breakfast. Chop in a salad at lunch. Steam and sprinkle with lemon juice for a side dish at dinner.

Preparation and Serving

Wash broccoli under cool running water. Never allow it to sit in water as it will lose water soluble nutrients. Fresh broccoli is delicious raw or cooked. Trim and peel the stalk, it is high in fiber. Cut the florets into uniform pieces for even cooking. Overcooked broccoli develops a strong sulfur odor. Steam broccoli for 3-4 minutes or simmer in about one inch of boiling water for the same amount of time or less. Cooked broccoli should be bright green and tender-crisp. Overcooked broccoli turns dark green and suffers nutrient loss, especially vitamin C.

Here is a recipe to try:

Broccoli and Green Beans

4 servings per recipe

8 cups broccoli florets (about 1 1/2 pounds)

1/2 pound green beans

2 tablespoons cup extra-virgin olive oil

2 cloves garlic, sliced thin

1/2 teaspoon crushed red pepper flakes, plus more if desired

Sea salt and freshly ground black pepper

In a large pot, bring 6 quarts of salted water to a boil. Have ready a large bowl of ice water. Place broccoli into pot and cook for 2 minutes. You just want to parboil the broccoli at this point since you will sauté it later on. Using a spider strainer, remove broccoli from pot and shock it in a bowl of ice water. When broccoli is completely cool, place it in a colander and allow to drain. Refresh the bowl of ice water. Bring the water back to a boil. Add green beans and cook for 4 minutes. Like the broccoli, you just want to parboil the green beans. Remove green beans from pot with spider strainer and add to ice water. When green beans are completely cool, add them to the colander and allow to drain.

In a large sauté pan, heat olive oil. When almost smoking, add the garlic and sauté for about 45 seconds. When the garlic starts to brown, remove immediately and discard. Overcooking the garlic will impart a very bitter taste to the dish. Add the red pepper flakes, broccoli and green beans to the pan and cook for 5 minutes. Season with salt and pepper. Serve immediately.

1 serving: 125 calories, 6 g protein, 12 g carb, 8 g fat, 54 mg sodium, 7 g fiber

<http://www.urbanext.uiuc.edu/veggies/broccoli1.html>

Recipe from: www.foodnetwork.com