

Broccoli

★ A Nutritional Superstar that protects your health ★

Buying/Storing

Purchase only the amount you will use within 1 week.

Buy broccoli with firm stems and tightly closed, deep green buds.

Refrigerate unwashed broccoli in an airtight plastic bag for up to 1 week. If wet, it will spoil rapidly.

Food Safety

Wash broccoli thoroughly in a pan of cool, clean water.

Refrigerate leftovers promptly.



Time Saver

Immediately after cooking, plunge broccoli in ice water until cold. Drain. Refrigerate and use later in cold dishes or quickly reheat in hot water or microwave.



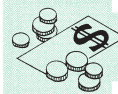
Snack Attack

★ Keep washed and sliced carrots, broccoli, zucchini, cauliflower, radishes, and cucumbers in the refrigerator. A low calorie salad dressing makes a quick dip.

★ For a quick veggie sandwich, top a slice of crusty bread with cream cheese and chopped broccoli, zucchini, carrots and tomato.



Oregon's Healthy Harvest



Money Saver

Peel the tender stems, slice thin and cook along with tops. Stems can also be sliced in strips and added to a relish tray or used in soup stock.



Kids' Corner

Broccoli & Cheese Roll Ups

- 1 Cut the crusts off some slices of bread with a plastic knife. Flatten the bread with your hand or a rolling pin. Place a half slice of cheese down the center of the bread and top with cooked broccoli.
- 2 Roll the bread up into a log and place the seam side down on a baking sheet. Bake at 350° until the cheese melts, (about 8 minutes). Cool and cut into rounds.

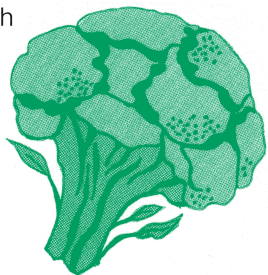
Italian Pasta Salad

- 4 cups cooked pasta
- 2 cups blanched broccoli pieces
- 1 cup cooked carrot slices
- ½ cup red pepper strips
- ¼ cup sliced green onions
- ½ to ¾ cup Italian style salad dressing

❶ Mix all ingredients together and refrigerate for about 30 minutes before serving.

For a more hearty salad, add strips of cooked ham or salami, a can of cooked red beans or sprinkle with grated cheese.

Serves 6 to 8.



Fresh Vegetable Medley

- 2 cups fresh broccoli pieces
- 2 cups fresh cauliflower pieces
- 2 cups fresh carrot slices
- 1½ teaspoon salt
- ¼ cup melted butter or margarine
- 2 tablespoons fresh lemon juice
- 2 cloves minced fresh garlic or ½ teaspoon powdered garlic
- 1 tablespoon chopped fresh parsley (or your favorite herb)
- 2 tablespoons grated Parmesan cheese

- ❶ Cook each vegetable separately in 2 inches of boiling water with ½ teaspoon salt, until it can be just barely pierced with a fork (about 4 minutes). Drain immediately.
- ❷ Mix together butter, lemon juice, garlic and herbs. Pour over vegetables and sprinkle with cheese.

Serves 6 to 8.

Cooking Tips

Blanch (partially cook) broccoli for 2 minutes in boiling water.

Microwave broccoli for about 5 to 7 minutes per pound depending upon your type of microwave.



Toss . . .

cooked broccoli with leftover ham slices or bacon bits, toasted cracker crumbs, bread crumbs or Parmesan cheese, lemon juice and margarine, parsley and herbs, slivered almonds or hazelnuts.



Add . . .

fresh or blanched broccoli to stir-fry, soups, salads, pastas and snacks.