



Give Them More
of the
Good Stuff!

Broccoli Basics



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.
- Fresh broccoli is available year round but may be freshest and cost less when in season. In Oregon, this is usually June through October.
- Pre-cut and bagged fresh broccoli usually costs more than broccoli heads.
- Frozen broccoli is often a good buy and can be used in many recipes.

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



Some Types of Broccoli



Broccoli – most common type at the grocery store. The heads and stems are full of nutrients and are good to eat.



Chinese broccoli – found at some grocery stores and specialty markets. Its large leaves, stems and small heads have a strong broccoli flavor.



Broccolini – a cross between broccoli and Chinese broccoli. Its small dark heads and long thin stalks are sweet and tender.



Broccoflower – a cross between broccoli and cauliflower. Its bright, light green heads taste like cauliflower when eaten raw and more like broccoli when cooked.

Store Well Waste Less



- Refrigerate broccoli in a loose bag with airflow. For best quality, use within a week.
- Pre-cut broccoli (from the store or cut at home) loses freshness faster; use in 2 to 3 days.
- Rinse broccoli under running water just before using.

- Peel heavy or woody stems before cooking. Cut stalks in similar-sized pieces for even cooking.
- Freeze broccoli for longer storage. Blanch first for best color and flavor.



This material was funded by USDA's Supplemental Nutrition Assistance Program (SNAP). SNAP provides nutrition assistance to people with low income. SNAP can help you buy nutritious foods for a better diet. To find out more, contact Oregon Safe Net at 211. USDA is an equal opportunity provider and employer.

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Enjoy 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](https://www.foodhero.org) for dip recipes to serve with broccoli.

Broccoli & Everything Salad

Ingredients:

- 3 cups chopped **broccoli** (fresh)
- 1 medium **carrot**, diced
- 2 stalks **celery**, thinly sliced
- 1/2 cup **raisins**
- 1/4 cup chopped **onion**
- 1 cup diced **cooked protein** (ham, chicken, turkey or tofu)
- 1/4 cup low-fat **mayonnaise**
- 1/2 cup nonfat or low-fat **plain yogurt**
- 1 Tablespoon **sugar**
- 1 teaspoon **vinegar**

Directions:

1. In a large bowl, mix together broccoli, carrot, celery, raisins, onion and ham.
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)
- 2 Tablespoons **water**
- 1 Tablespoon **vinegar**
- 2 teaspoons low-sodium **soy sauce**
- 1 Tablespoon **sugar**
- 1 teaspoon **cornstarch**
- 1/8 teaspoon **red pepper flakes** (optional)
- 1 teaspoon **sesame oil** or vegetable oil
- 3 cups chopped **broccoli** (fresh or frozen)

Directions:

1. Toast sesame seeds, if desired, in a small skillet over medium-high heat. Stir often until they turn light brown, about 3 minutes.
2. In a small bowl, combine water, vinegar, soy sauce, sugar, cornstarch and red pepper flakes, if desired. Set aside.
3. In a medium skillet, saute broccoli in oil over medium heat for 2 to 3 minutes.
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, if desired, and serve.
5. Refrigerate leftovers within 2 hours.

Makes 2 cups

Prep time: 10 minutes

Cook time: 15 minutes



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

- 🌿 **rinse broccoli under running water.**
- 🌿 **measure ingredients and stir them together.**
- 🌿 **peel or cut vegetables.**