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.
- 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.

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

- 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.

Waste Less

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

1 pound fresh broccoli makes about 2 cups chopped

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 Safeline at 211.

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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.

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**
- ⅛ 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

Broccoli & Everything Salad

**Ingredients:**
- 3 cups fresh **broccoli**, chopped
- 1 medium **carrot**, peeled and diced
- 2 stalks **celery**, thinly sliced
- ⅛ 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

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.