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.

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.
**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**
- ⅛ 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, sauté 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.

**Prep time:** 10 minutes  
**Cook time:** 15 minutes

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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.

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**Broccoli & Everything Salad**

**Ingredients:**
- 3 cups chopped **broccoli** (fresh)
- 1 medium **carrot**, diced
- 2 stalks **celery**, thinly sliced
- ½ cup **raisins**
- ¼ cup chopped **onion**
- 1 cup diced **cooked protein** (ham, chicken, turkey or tofu)
- ¼ cup low-fat **mayonnaise**
- ½ 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

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**Kids Can!**

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.