BROCCOLI

Nutrition and Health

Broccoli provides vitamins A and C and calcium. It is also high in ber. A ½-cup serving of plain broccoli has 30 calories.

Selection

Broccoli is a bouquet of tiny ower buds. Each small green stalk is called a oret and contains hundreds of buds. Pick the head with the smallest buds. e color should be dark green with a purple or blue haze. Any heads that are yellowish and on their way to blooming should be avoided.

Storage

If broccoli stalks are long enough, plunge them upright into a container of water and refrigerate. Otherwise, store in plastic bags in the refrigerator crisper. (Cut small slits in bag to increase air circulation.)

Preparation

Cut the thick stalk and the orets to approximately the same size. If some orets are larger than others, cut them to match the rest. Broccoli can be boiled in a small amount of salted water or steamed over 1 to 2 inches of boiling water for 3 to 5 minutes, depending on size of pieces.

e method of food preservation that yields the best result for broccoli is freezing. Blanch uniformsize stalks for 3 minutes in boiling water or steam blanch for 5 minutes. Cool promptly in cold water and drain. Pack broccoli into containers, leaving no headspace. Seal and freeze.

Recipes

Broccoli Cauli ower Salad

2 cups fresh broccoli 2 cups cauli ower

1 cup sour cream

½ cup chopped onion

1 teaspoon Worcestershire sauce

1 clove garlic, mincUSup sodipane gar4. © 20a

15 minutes. Squeeze the lemons over the broccoli and drizzle with additional oil.

Beef and Broccoli

3 tablespoons cornstarch, divided
½ cup water or more
2 tablespoons water, divided
½ teaspoon garlic powder
1 pound boneless round or chuck steak, cut into thin 3-inch strips
2 tablespoons vegetable oil, divided
4 cups broccoli orets
1 small onion, cut into wedges cup reduced-sodium soy sauce
2 tablespoons brown sugar
1 teaspoon ground ginger hot cooked rice

In a bowl, combine 2 tablespoons cornstarch, 2 tablespoons water and garlic powder until smooth. Add beef and toss.

In a large skillet or wok over medium high heat, stir-fry beef in 1 tablespoon oil until beef reaches desired d2nTf (d t)6 (os)5 (s.)TEMC /P Ang (en-US)/MCID SDC 0 -1.9TD[I)16;16 (y s)-6f2 t)t, s)5 (t5 (i)-5 (l smBDC 0 -And 1 (t.- (d t)6 (os)5 (s.)TEMC /P Al28n)8 (s wa)19t)d.1 Pt, st sd2n (t.-BeCID a (um kp9t5in 9t s)-s)5 (tn (6)8t5350°F- (d t)6 (os)5 (s.)TEMC /P Al28n)8 (s wa)19t)d.1 Pt, st sd2n (t.-BeCID a (um kp9t5in 9t s)-s)5 (tn (6)8t5350°F- (d t)6 (os)5 (s.)TEMC /P Al28n)8 (s wa)19t)d.1 Pt, st sd2n (t.-BeCID a (um kp9t5in 9t s)-s)5 (tn (6)8t5350°F- (d t)6 (os)5 (s.)TEMC /P Al28n)8 (s wa)19t)d.1 Pt, st sd2n (t.-BeCID a (um kp9t5in 9t s)-s)5 (tn (6)8t5350°F- (d t)6 (os)5 (s.)TEMC /P Al28n)8 (s wa)19t)d.1 Pt, st sd2n (t.-BeCID a (um kp9t5in 9t s)-s)5 (tn (6)8t5350°F- (d t)6 (os)5 (s.)TEMC /P Al28n)8 (s wa)19t)d.1 Pt, st sd2n (t.-BeCID a (um kp9t5in 9t s)-s)5 (tn (6)8t5350°F- (d t)6 (os)5 (s.)TEMC /P Al28n)8 (s wa)19t)d.1 Pt, st sd2n (t.-BeCID a (um kp9t5in 9t s)-s)5 (tn (6)8t5350°F- (d t)6 (os)5 (s.)TEMC /P Al28n)8 (s wa)19t)d.1 Pt, st sd2n (t.-BeCID a (um kp9t5in 9t s)-s)5 (tn (6)8t5350°F- (d t)6 (os)5 (s.)TEMC /P Al28n)8 (s wa)19t)d.1 Pt, st sd2n (t.-BeCID a (um kp9t5in 9t s)-s)5 (tn (6)8t5350°F- (d t)6 (os)5 (s.)TEMC /P Al28n)8 (s wa)19t)d.1 Pt, st sd2n (t.-BeCID a (um kp9t5in 9t s)-s)5 (tn (6)8t5350°F- (d t)6 (os)5 (s.)TEMC /P Al28n)8 (s wa)19t)d.1 Pt, st sd2n (t.-BeCID a (um kp9t5in 9t s)-s)5 (tn (6)8t5350°F- (d t)6 (os)5 (s.)TEMC /P Al28n)8 (s wa)19t)d.1 Pt, st sd2n (t.-BeCID a (um kp9t5in 9t s)-s)5 (tn (6)8t5350°F- (d t)6 (os)5 (s.)TEMC /P Al28n)8 (s wa)19t)d.1 Pt, st sd2n (t.-BeCID a (um kp9t5in 9t s)-s)5 (tn (6)8t5350°F- (d t)6 (os)5 (s.-BeCID a (um kp9t5in 9t s)-s)5 (tn (6)8t5350°F- (d t)6 (os)5 (s.-BeCID a (um kp9t5in 9t s)-s)5 (tn (6)8t5350°F- (d t)6 (os)5 (s.-BeCID a (um kp9t5in 9t s)-s)5 (tn (6)8t5350°F- (d t)6 (os)5 (s.-BeCID a (um kp9t5in 9t s)-s)5 (tn (6)8t5350°F- (d t)6 (os)5 (s.-BeCID a (um kp9t5in 9t s)-s)5 (tn (6)8t5350°F- (d t)6 (um kp9t5in 9t s)-s)5 (tn (6)8t5350°F- (d t)6 (um kp9t5in

