

Broccoli



Selecting

Broccoli is available in purple or a deep green colour, though the most popular colour is green.

Look for firm, bright compact flower heads. Avoid broccoli with loose, yellowed buds. Slender stems are best. Fresh broccoli should have a sweet, mild smell.

Storing

Broccoli can be stored in an open plastic bag or a closed perforated plastic bag. But for best flavour, eat it as soon as possible after purchasing.

Preparing

Broccoli can be steamed, blanched, sautéed, stir-fried, roasted or microwaved.

Wash broccoli well, cut off the florets and trim the stem. Peel the stems for best results, and slice them thinly so that they cook in the same amount of time as the florets.

The leaves can also be cooked with the broccoli or saved for soups or stocks.

Eating

Broccoli is extremely versatile. You can blanch it and serve with a dip; add it to other ingredients in a stir-fry; add it to a casserole; or make broccoli soup, quiche, or pie. And crunchy broccoli “trees” are a favourite with the kids. The options are endless.

Seasonality

Local broccoli is available across the country from June to October. However, you can find broccoli all year round in your supermarket.

Nutrition

Broccoli is very high in Vitamin C and contains folate and vitamin E. A half cup of raw broccoli has only 16 calories.

Broccoli is a cruciferous vegetable and contains many phytochemicals that help lower the risk of certain types of cancer. Cruciferous vegetables also help lower the risk of heart disease.



Here is a recipe for a delicious roasted cauliflower and broccoli side.

www.halfyourplate.ca/recipe/roasted-cauliflower-broccoli/

