

# Broccoli

Nutrient powerhouse with  
Vitamins C & K, potassium, folate & fiber



## Broccoli with Roasted Red Pepper

8 cups large broccoli florets  
2 T. slivered almonds, toasted  
2 T. chopped bottled roasted red pepper  
1 T. toasted sesame oil

2 tsp. reduced-sodium  
soy sauce  
1 tsp. finely chopped fresh ginger  
1/8 Tsp. crushed red pepper

Fill a large Dutch oven with water to a depth of 1 inch. Bring water to boiling. Place a steamer basket in the Dutch oven. Place broccoli in the steamer basket. Cover and steam about 8 minutes, or until broccoli is tender. Remove steamer basket with broccoli, allowing excess water to drain off. Meanwhile, in a large bowl combine almonds, roasted red pepper, oil, soy sauce, ginger, and crushed red pepper. Add broccoli; toss well to coat. 6 (3/4 cups servings)

## Fresh Vegetable Marinade

Flowerets from 4 stalks broccoli, chopped  
4 summer squash, halved and sliced  
3 carrots, sliced  
1/2 cup sugar or sugar substitute  
1 tsp. dry mustard

1/4 tsp. salt  
1/4 cup vinegar  
1/2 cup canola oil  
1 small onion, grated  
1 T. poppy seed

Combine vegetables in bowl, tossing lightly. Mix remaining ingredients and pour over vegetables. Chill for 3 or more hours. Makes 8-10 servings.

## Oven-Roasted Broccoli

2 T. olive oil  
4 cups broccoli florets  
1 cup thinly sliced leek or green onion

1/2 tsp. salt  
1/4 tsp. black pepper

Add oil to a shallow baking pan. Heat in a 450°F oven for 1 minute. Stir broccoli into hot oil. Bake, covered, for 15 minutes. Stir leek, salt, and pepper into baking pan. Roast, covered, for 5-7 minutes more or until broccoli is crisp-tender. Makes 4-6 servings

## Grilled Broccoli

2 heads broccoli  
2 T. olive oil  
1/2 tsp. coarse-grain salt

Wash and cut broccoli into smallish pieces with long stems. Toss broccoli in a large bowl with olive oil and salt. Place on grill over medium heat. Cook for 3-5 on each side until tender. Serves 6-8.

## Almond Broccoli Salad

¾ cup salad dressing (olive oil or light)  
½ cup equivalent sugar substitute  
1 T. red wine vinegar  
4 heads fresh broccoli, cut into florets

1 medium red onion, chopped  
½ lb. turkey bacon, cooked and broken into pieces  
1 cup dried cranberries  
1 (4 oz.) bag slivered almonds

Mix first three ingredients. Stir until well mixed. This can be made a day ahead of serving. Pour over mixture of remaining ingredients; tossing gently to coat. Makes 8 servings

## Broccoli Melange

1 cup fresh broccoli, cut into 1-inch pieces  
½ cup sliced fresh mushrooms  
1 T. vegetable oil  
½ cup thin red bell pepper strips

½ cup sliced yellow summer squash  
½ cup sliced zucchini squash  
Salt and pepper to taste

Sauté broccoli and mushrooms in vegetable oil until mushrooms are light brown—about 5 minutes. Add remaining ingredients. Cover and simmer 5-10 minutes or until vegetables are tender. Serve immediately. Makes 4 servings

## Quick Veggie Slaw

1 (16 oz.) package broccoli slaw  
1 Red Delicious apple, chopped  
1 green onion, chopped  
½ cup cider vinegar

¼ cup apple juice  
1/3 cup sugar  
¼ tsp. salt  
¼ tsp. pepper

Combine broccoli slaw, apple, and green onion in a large bowl. Combine remaining ingredients and stir well. Pour vinegar mixture over slaw mixture and toss. Serve immediately, or cover and chill. Yield 9 (1-cup) servings

## Lemon Broccoli

1 cup (1/2-inch) French bread baguette cubes  
2 T. butter  
1 garlic clove, pressed  
2 T. chopped fresh flat-leaf parsley

2 tsp. lemon zest  
1 ½ lbs. fresh broccoli  
2 T. fresh lemon juice  
1 T. olive oil

Process bread in a food processor 30 seconds to 1 minute or until coarsely crumbled. Melt butter with garlic in a large skillet over medium heat; add breadcrumbs, and cook, stirring constantly, 2 to 3 minutes or until golden brown. Remove from heat, and stir in parsley and lemon zest.

Cook broccoli in boiling salted water to cover 3 to 4 minutes or until crisp-tender; drain well. Toss broccoli with lemon juice, olive oil, salt, and freshly ground pepper, to taste. Transfer to a serving platter, and sprinkle with breadcrumb mixture. 6 to 8 servings

## Lime-Buttered Broccoli

8 cups fresh broccoli florets  
3 T. butter, melted  
1 T. lime juice

¼ tsp. salt  
¼ tsp. pepper

Place broccoli in a steamer basket; place in a large saucepan over 1 inch of water. Bring to a boil; cover and steam for 3-4 minutes or until crisp and tender. Meanwhile, in a small bowl, combine the remaining ingredients. Drizzle butter mixture over broccoli; toss to coat. 8 servings