

Eat Broccoli



Try Broccoli Rabe!



¡Coma brócoli o brócoli rabe!

How to select and store broccoli.

- Choose fresh broccoli with tight heads and bluish-green florets that are not yellowing.
- Broccoli stalks and leaves are also edible! Refrigerate and use within 3-5 days.
- Never overcook or over steam! Gently peel back and remove skin from stems so broccoli cooks more quickly and stays tender.
- Try Broccoli's "bitter green" cousin Broccoli Rabe!



Ways to enjoy broccoli!

- Add to any stir-fry. Just peel back stems and cut thin.
- Sauté with olive oil and light seasonings. Add mushroom, onions, or other vegetables. Try slices of chicken, beef or pork. Cut meat thin and start cooking meat before adding veggies.
- Steam with just a little water. Never boil or overcook. Steamed broccoli is eaten hot or cold in salads, side dishes, or folded into frittata omelettes.
- Raw broccoli is great for snacking and dipping.



Kids love to eat "little trees"

Roasted Broccoli

Preheat oven to 400 °F.

Break a head of broccoli into evenly sized florets. Toss the broccoli florets with olive oil and seasonings. Spread on baking sheet in a single layer. Bake for 15 to 22 minutes until florets are browned and crisp around the edges but not burned.

Serve warm and enjoy!



- Try roasting any vegetables!

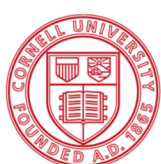


Health Benefits

Broccoli

Broccoli Rabe

- Low in calories, fat, and sodium. Cholesterol free. High in vitamin C, A, and K. Good source of fiber.
- Rich in antioxidants which protect against cancer!



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Check out our Farmers' Market Nutrition Program website for recipes and resources. Scan this QR code with your smartphone or visit this address:
<https://nyc.cce.cornell.edu/farmers-market-nutrition-education-program-fmnp/>



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