



Broccoli

Broccoli has large flower heads, usually green in color, arranged in a treelike fashion on branches sprouting from a thick, edible stalk.

Store: Store broccoli unwashed in open plastic bag and place in the refrigerator crisper for only 2-3 days. Broccoli stored in water will lose water soluble nutrients.

Prepare: Wash broccoli by rinsing under cool water. Trim off just the end of each stalk. The entire remaining stalk is edible and nutritious. Cut the florets into uniform pieces for even cooking.

Serve: Broccoli can be steamed, boiled or eaten raw with or without a dip. The best way to cook broccoli is to steam, cook in the microwave or stir-fry with a little broth or water. Cooked broccoli should be tender enough so that it can be pierced with a sharp knife, and still remain crisp and bright green in color.



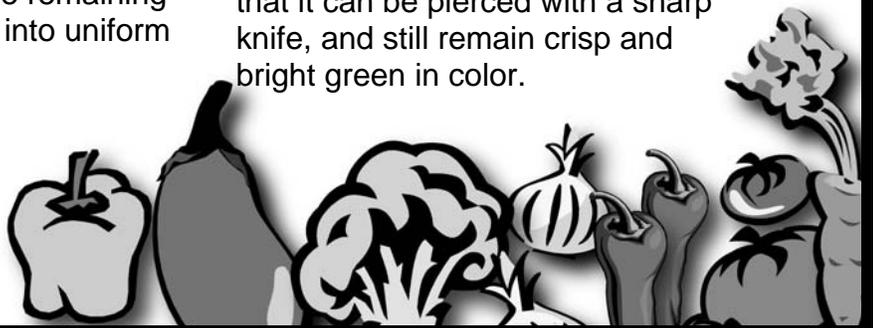
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Broccoli Recipe

Broccoli with Lemon

Ingredients:

1 bunch broccoli
1/4 cup butter
1/2 cup fresh lemon juice, about 2 small to medium lemons

Serves 4.

enjoy!

Source:
<http://southernfood.about.com/od/broccoli/r/bl30213d.htm>

This training is supported by a grant from the Nebraska Department of Health and Human Services. Its contents are solely the responsibility of the authors and do not necessarily represent the official views of NDHHS.

Directions:

Trim outer leaves off broccoli and remove tough ends. Wash broccoli well. Cut slits in stalks more than 1 inch in thickness. Cook broccoli in a small amount of boiling salted water for 12 to 15 minutes, just until crisp-tender. In a small sauce pan, melt butter; add lemon juice. Mix well; pour over hot broccoli just before serving.



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