



Broccoli

BUYING & STORING

- Choose odorless broccoli that is dark green to purple tinged in color.
- Choose broccoli that has tightly closed buds and crisp leaves.
- Refrigerate broccoli and use within 3 to 5 days.

Nutrition Facts

Broccoli is an excellent source of vitamin A and C, calcium and iron.

Broccoli Potato Soup

Yield: 6 servings • Serving: 2 cups

- 4 cups chopped broccoli, fresh or frozen
- 1 small onion, chopped
- 4 cups chicken or vegetable broth, low sodium
- 1 cup evaporated milk
- 1 cup chopped cooked potatoes or mashed potatoes
- ¼ teaspoon pepper
- ¼ cup cheese, shredded cheddar or American

1. Combine broccoli, onion and broth in a large sauce pan. Bring to a boil.
2. Reduce heat to medium-low. Cover and simmer about 10 minutes or until vegetables are tender.
3. Add milk and pepper; slowly stir in potatoes.
4. Cook, stirring constantly, until bubbly or thickened.
5. Divide soup into 4 bowls. Sprinkle 1 Tablespoon of cheese over each serving.

Creamy Broccoli Soup

Yield: 4 servings • Serving: 1½ cup

- 15.5 ounce canned white beans, drained
- 10 ounce package frozen broccoli, thawed
- 2 cups non-fat milk
- 1 teaspoon dried oregano
- ½ teaspoon garlic powder
- Black pepper to taste

1. Puree beans and broccoli with non-fat milk in blender.
2. Add mixture to large soup pot or microwaveable container along with oregano, garlic powder and black pepper.
3. Bring to a boil on top of the stove or in the microwave. Stir and serve hot.

Chicken/Turkey, Broccoli and Rice Casserole

Yield: 4 servings • Serving: 1 cup

- 1½ cups cooked white or brown rice
- 1 pound fresh broccoli or 1- 10 ounce package frozen broccoli, cooked
- 1 cup diced cooked chicken or turkey
- 1 can cream of chicken soup
- ½ cup shredded cheese

1. Preheat oven to 350°F. Lightly oil or spray an 8 inch x 8 inch baking dish.
2. In baking dish, mix together rice, broccoli, chicken and cream soup (undiluted).
3. Sprinkle shredded cheese over top.
4. Bake for 20 to 30 minutes.

Garlic Beef Stir-Fry

Yield: 4 servings • Serving: 2 cups

- 2 cups cooked brown rice
- 1 Tablespoon cornstarch
- ½ cup low-calorie vinaigrette or Italian dressing (use 1 Tablespoon for the meat)
- 3 cloves garlic, minced OR ¾ teaspoon garlic powder
- ¾ pound lean beef, well trimmed, cut into thin strips (round steak works well)
- 5 cups cut-up fresh vegetables (such as broccoli, onions, bell peppers, carrots) or 1 16-ounce bag frozen stir fry vegetables (red peppers, broccoli, green onions, carrots), partially thawed in microwave and drained
- 2 Tablespoons low sodium soy sauce
- 1 teaspoon ground ginger

1. Prepare rice according to package directions allowing about 15 minutes for instant rice or about 45 minutes for regular brown rice. Keep hot (above 135°F).
2. Stir together the cornstarch, 1 Tablespoon of the dressing, and the garlic in a bowl or pie pan; mix well. Add the beef strips, tossing to coat meat with dressing mixture.
3. Lightly coat a large nonstick skillet with cooking spray. Heat on medium-high heat.
4. Add beef mixture; cook and stir for 5 minutes or until beef is cooked through. Remove from skillet; cover meat to keep warm.
5. Add vegetables, remaining dressing, soy sauce, and ginger to skillet. Cook and stir about 10 minutes or until vegetables are crisp tender.
6. Return beef to skillet. Cook, stirring occasionally, for 1 minute or until beef is heated through and sauce is thickened. Serve over rice.

Recipe courtesy of Iowa State University Extension 2009 Calendar

Broccoli Carrot Frittata

Yield: 4 servings

- 1- 10 ounce package frozen broccoli, chopped
- ½ cup diced carrots
- ¼ cup water
- ¼ cup water
- 6 eggs
- ½ cup milk
- 1 Tablespoon dried minced onion
- 1 Tablespoon mustard
- ¼ teaspoon salt
- ¼ teaspoon pepper
- ½ cup shredded cheese

1. Preheat oven to 350°F. Lightly grease a 10 inch pie plate.
2. Cook broccoli and carrots in small amount of water until crisp-tender for about 3 minutes. Drain.
3. In a separate bowl, beat together eggs, milk, onion, mustard, salt and pepper.
4. Pour vegetables and egg mixture into pie plate. Top with cheese.
5. Bake for 20 to 25 minutes.

More Delicious Ideas

- Eat peeled stems and tops raw with dip
- Sprinkle cheese on steamed broccoli
- Add to casseroles and stir fry

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