



SIMPLY GOOD FOOD

Broccoli

*Best Season to
Buy Fresh:*

*November
December
January
February
March*

Nutrient Analysis - 1/2 cup:

22 Calories

2 grams Fiber

Vitamin C - 40% DV

Vitamin A - 20% DV

Folic Acid - 20% DV

Phosphorus - 20% DV

DV = amount recommended daily

BROCCOLI: Brought to the United States by early colonists, this member of the mustard and cabbage family did not gain popularity until the early 1920's, when a group of Italian vegetables farmers in California shipped a trial supply to Boston where it became an instant success. The head, or edible part of the broccoli, is a dense cluster of flower buds, dark green in color, with an edible stem about six inches long. Broccoli is usually served steamed or boiled as a vegetable, served with a cheese sauce or broken into pieces for raw salads or as an appetizer. (1)

Suggestions for a Successful Stir-Fry

The key to stir-frying is cooking at a high temperature for only a short period of time. This ensures minimum nutrient loss while preserving color and flavor.

Heat a small amount of oil in a large skillet or wok; rotate the skillet just long enough to coat the sides with hot oil. Add vegetables and stir constantly until they are crisp-tender; then add seasonings. Works great for a variety of vegetables.

Stir-Fry Broccoli

- 2 Tbsp vegetable oil
- 3/4 lb broccoli, cleaned, trimmed, cut into florets, stems sliced
- 1 1/4 cup sliced mushrooms
- 1 large carrot, cut into 2" strips
- 1 clove garlic, minced
- 1 tsp grated lemon rind
- 1/2 tsp salt
- 1/4 tsp dried thyme leaves

In a large skillet heat oil over medium high heat. Add remaining ingredients. Stir-fry 5-8 minutes, until tender. Yield: 4 servings
(Note: other vegetables or seasonings may be substituted.)



Bacon Broccoli Salad

- 1 lb broccoli, washed
- 1/2 lb bacon, cooked
- 1/4 cup sunflower seeds
- 1/2 cup mayonnaise
- 2 tsp vinegar
- Dash of sugar (opt)

Cut broccoli florets into small pieces. Steam broccoli until dark green, then allow to cool. Crumble bacon and combine with broccoli in a medium bowl. Add sunflower seeds. In a small bowl, mix remaining ingredients; pour dressing over broccoli mixture and serve. Yield: 4 servings

Chicken Broccoli Casserole

- 6 cups (12 oz) medium egg noodles
- 2 cups diced cooked chicken
- 2 10-oz packages frozen broccoli, cooked and drained
- 1 1/2 cups grated cheese
- 2 10 1/2oz can cream of chicken soup
- 1 soup can milk
- 1/2 tsp salt
- dash of pepper
- 3 oz can French fried onion rings

Cook noodles according to directions. Drain. Add noodles to 13x9x2" casserole dish. Cover with chicken and broccoli. Top with half of cheese. Blend soup, milk, salt and pepper together. Pour over casserole mixture. Sprinkle with remaining cheese. Cover with foil and bake at 350°F for 25 minutes. Uncover and top with onion rings; bake 5 minutes more. Yield: 6-8 servings

Quick Broccoli Soup

- 10 oz package chopped broccoli
- 10 3/4 oz can cream of mushroom soup
- 1 1/2 cups milk
- 2 Tbsp margarine
- 1/8 tsp pepper
- 1 cup grated cheddar cheese

Cook broccoli according to directions, omit salt; drain well. Stir in remaining ingredients. Cook over medium heat, stirring constantly, until thoroughly heated. Yield: 4 servings

Supporting State Extension Goal: Health, Safety and Well Being

Prepared by: Ronda Alexander,
County Extension Agent 4-H, Lubbock County
Source: (1) "A Produce Reference Guide to Fruits and Vegetables from Around the World" by Donald D. Heaton.;

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