



BROCCOLI

Eat 5 or more servings of fruits and vegetables every day!

FARMERS' MARKET SEASON

July to October

BUYING TIPS

Select stems of broccoli 8" to 10" in length with heads 3" to 6" across. Look for bunches with dark green heads.

Do not buy broccoli with:

- Open or spread out heads
- Moldy or mushy heads
- Yellow coloring of heads
- Soft or limp stems

STORAGE

Broccoli is best when eaten soon after picking but can be stored up to 7 days in the refrigerator. Can be frozen-contact your county Extension office for information.

PREPARATION

Wash thoroughly in cold water. Snap or cut off end of stem. The heads and stems may be cut into small pieces or florets, or left whole. Broccoli may be used raw in salads, plain as a snack, or with dips. It may be boiled or microwaved.

To Boil: Add broccoli to $\frac{1}{4}$ cup boiling water. Cook uncovered about 10 minutes, just until tender but still crisp.

To microwave: Add 1 tablespoon of water and microwave for about 4 minutes just until tender.

KEY NUTRIENTS

Vitamins A for vision, healthy skin, and resistance to infection.

Vitamin C for healthy gums, skin and blood.

Fiber to prevent constipation.

Potassium to maintain normal blood pressure.

Iron for healthy blood.

Calcium for strong bones.

RECIPES

Italian Broccoli with Tomatoes

4 cups fresh broccoli heads

$\frac{1}{4}$ cup water

$\frac{1}{2}$ tsp. oregano

$\frac{1}{8}$ tsp. pepper

2 medium tomatoes, cut into wedges

$\frac{1}{2}$ cup shredded mozzarella cheese

Put broccoli and water in 2 qt. dish. Cover and microwave at high 5 to 7 minutes. Drain. Stir in seasonings and tomatoes. Microwave at high 2 to 4 minutes. Sprinkle with cheese. Microwave 1 minute. Serves 4 to 6.

Broccoli Elegant

1 $\frac{1}{2}$ pounds fresh broccoli

$\frac{1}{2}$ can (11 ounce size) condensed cheddar cheese soup (2/3 cup)

3 tablespoons milk

2 tablespoons sliced ripe olives

Prepare and cook broccoli as directed under "preparation section" of this card. Mix soup and milk in saucepan. Stir in broccoli and olives; heat through. 4 servings.

Broccoli with Cheese Sauce

1 $\frac{1}{2}$ pounds fresh broccoli

6 ounces mild cheese, sliced

$\frac{1}{3}$ cup milk

$\frac{1}{4}$ teaspoon onion salt

1 drop red pepper sauce (optional)

Prepare and cook broccoli as directed under "preparation section" of this card. Heat remaining ingredients over medium heat, stirring frequently, until cheese is melted and mixture is smooth, 6 to 8 minutes. Pour cheese sauce over broccoli. 4 servings.

Department of Health & Family Services
Division of Public Health PPH 40006 (04/99)