



Viva Vegetables!

Utah State University
FOOD \$ENSE
NUTRITION, DIETETICS, & FOOD SCIENCES/EXTENSION

December's featured vegetable is:

Broccoli

Pick a good bunch for your bunch:

- The broccoli head should be firm.
- Avoid bunches with stems that are thick and tough or broccoli that has a strong smell.
- Yellowed clusters are signs of poor quality.
- Broccoli, if stored in the fridge, can last up to 14 days.

Why broccoli? Why me?
Why now?

If someone told you that broccoli and oranges were friends, you might say they were crazy. But they have more in common than you think. While we generally consider fruits to be the powerhouses of vitamin C nutrition, 1/2 cup of broccoli has about the same amount of vitamin C as 1 medium orange. And the rumor is true, vitamin C acts to reduce the length and severity of colds. However, there is no proven benefit to taking megadoses of vitamin C and the best source is **fruits and vegetables**. A round of applause for broccoli, the new kid on the vitamin C block.

Broccoli is a tasty treat. Really. Try it.

- Fresh broccoli is available year-round.
- Broccoli is extremely versatile. If you keep a bag of chopped broccoli in the fridge, you can easily throw it into soups, salads, stir-fry or casserole. Also great as a topping on a baked potato.
- Broccoli can be added to soups or sauces and be virtually undetectable by pureeing it first.
- Add steamed broccoli to macaroni and cheese.
- Cut up a head of broccoli and keep it in the fridge for a snack. Make sure your family knows it's there and that it's free game!
- Frozen broccoli is a great way to go. It doesn't always have to be fresh! It is easy to put some frozen broccoli in the microwave to cook and have it on the table in a matter of minutes!

Recipes

Broccoli Almondine

From recipezaar.com

2 lbs fresh broccoli
1/4 cup butter
2 minced green onions
1/4 cup sliced almonds
2 teaspoons fresh squeezed lemon juice
salt and pepper

1. Cook broccoli, drain and keep warm.
2. Heat butter until melted, then add green onions and almonds and stir over medium heat for about 2 minutes.
3. Add lemon juice, salt and pepper and pour the sauce over the broccoli.

Martian Pasta

(or Bowtie Pasta with Broccoli and Broccoli Sauce)
From recipezaar.com
*Believe it or not, this is a tried and true favorite of kids!

1 lb broccoli (both florets and stems)
1 1/4 cups water (or low-sodium chicken broth)
8 ounces bow tie pasta
2 tablespoons butter, cold and cut in pieces
salt

1. Cut the broccoli into small florets, set aside
2. Cut the remaining broccoli stems into 1/2" pieces; boil them in the 1 1/4 cups water for 15 minutes or until very soft.
3. Meanwhile, boil the pasta in salted water until al dente; drain, reserving 1/2 cup of the cooking water. Return the pasta to the pot and stir until all moisture is evaporated.
4. Place the reserved florets into a small pot and steam or boil 5 minutes, retaining the bright green color and a bit of crunch.
5. In a food processor, puree the cooked broccoli and its cooking water until very smooth, adding a bit of the reserved pasta water if needed to make a smooth sauce; add the butter and pulse until melted; add salt to taste.
6. Pour warm sauce over the pasta and combine. Sprinkle with drained florets.





Did you know???

- The word "broccoli" comes from the Latin word "brachium" which means "branch" or "arm."
- Thousands of years ago, the son of the Roman Emperor ate only broccoli for an entire month because he loved it so much. Don't go that far but think about becoming more like the Emperor's son!
- Moms have been telling their kids to eat broccoli for 2000 years.
- Broccoli was originally grown in Italy (on the other side of the world) and didn't make its trip to the United States until about 200 years ago.
- Broccoli heads are actually groups of buds that are almost ready to flower. A group of buds is called a "floret."

MAKE VEGGIE DIP FOR YOUR BROCCOLI:

Ingredients:

- 1/4 cup peanut butter
- 2 tablespoon milk
- 1 tablespoon maple syrup
- 1 teaspoon soy sauce



Directions:

Mix together in a cup or bowl and dip your broccoli!

Need a giggle? Try these...

Knock, knock.
Who's there?
Broccoli.
Broccoli who?

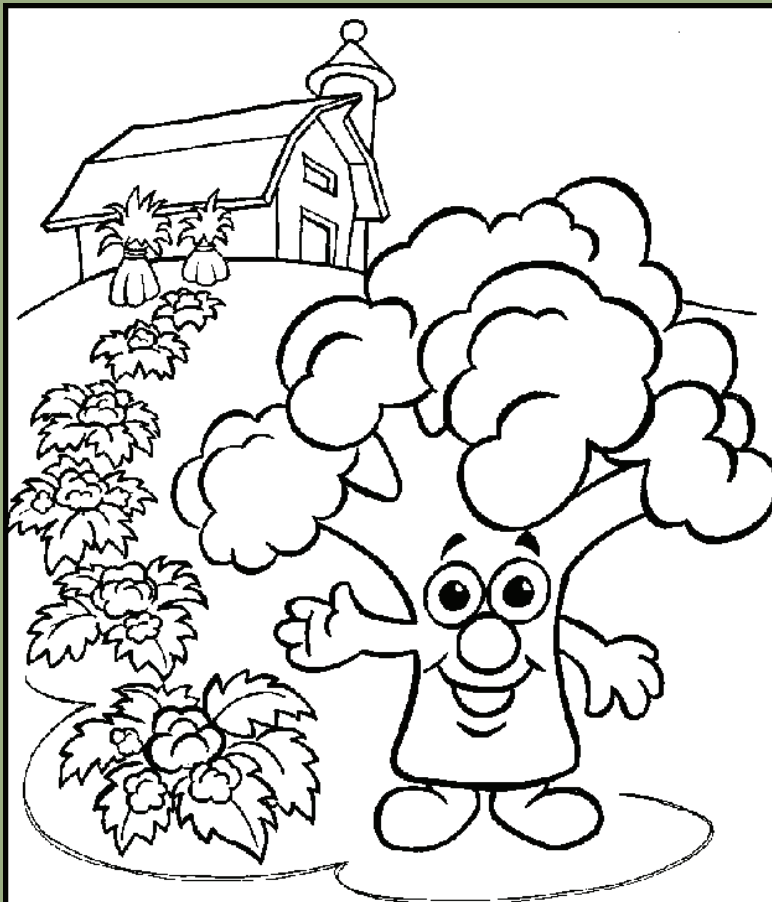


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COLOR BENNY BROCCOLI IN A PLANTASTIC WAY!



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