**Broccoli**

**Background:**
Common types include broccoli, broccolini, broccoli rabe, and Chinese broccoli
Goes well in salads, soups, stir-fries, and dips
Can be consumed raw or cooked, such as steamed, roasted, or stir-fried
Florets, leaves, and peeled stalks can all be eaten
Found in American, Mediterranean, and Asian cuisines

**Nutritional Value:**
1 cup of cooked broccoli contains only 55 calories but has 245% of the recommended daily intake of vitamin K and 135% of the recommended vitamin C intake
Vitamin K plays a role in bone health and helps regulate inflammation
Vitamin C is an antioxidant that helps form collagen and maintain brain health
Broccoli is high in sulfur compounds, which have anti-inflammatory benefits
1 cup of broccoli contains 21% of the daily recommended amount of fiber
Broccoli also contains chromium, folate, and B vitamins
Broccoli

How to SHOP:
Broccoli can be found in the misted or room temperature storage areas of the produce section in most grocery stores.
Choose broccoli with green florets, not yellow, and moist stems that are not brown
Fresh broccoli should be heavy for its size
Frozen broccoli is another good option when fresh is not available

How to GROW:
Broccoli grows best in the fall growing season
Comet Green, Packman, and Premium crop are three varieties of broccoli that grow well in Texas
Plant seeds 2-3” deep, 14-18” apart, and with 36” between rows
Harvest the heads when they are 6-8” in diameter and the very first flower shows the slightest yellow color
One broccoli plant can be harvested several times

How to STORE:
Keep frozen broccoli in the freezer until ready to cook
Fresh broccoli should last up to 10 days stored in an open plastic bag in the refrigerator
Creamless Cream of Broccoli Soup

INGREDIENTS:
- 2 tsp. extra virgin olive oil
- 1 medium white onion, diced
- 2 stalks celery, chopped
- 2 large carrots, peeled & chopped
- 3 cloves garlic, minced
- 2 cups broccoli florets
- 5 cups water
- 1 cup raw cashews, rinsed & drained
- 1 tsp. thyme
- 1 Tbsp. chives
- Salt & pepper, to taste
- 1/2 cup chives, to garnish

DIRECTIONS:
Heat oil in a large pot over medium-high heat.

Once hot, add onion and sauté for about 3 minutes. Add celery and carrots. Sauté for another 2 minutes. Add garlic and broccoli. Sauté for 2 more minutes.

Add water, cashews, and thyme. Stir and bring mixture to a boil. Once boiling, cover, reduce heat to low and simmer for 15 minutes.

Puree soup using immersion blender or transferring to large blender in batches.

Season to taste with salt & pepper, if desired. Garnish with chives.

HELPFUL TIPS:
Don’t have cashews? Try substituting walnuts or pine nuts.

Pulsing the broccoli on its own before adding the rest of the soup will make it easier to blend the soup.
Broccoli Stalk Salad

INGREDIENTS:

- 2 long broccoli stalks
- 1/2 Tbsp. sesame oil
- 1/2 Tbsp. soy sauce
- Toasted sesame seeds, to garnish

DIRECTIONS:

Peel stalks and discard the dark-green exterior, reserving any leaves.
Thinly slice stalks using a sharp knife or mandolin.
Toss stalk slices with soy sauce and sesame oil.
Garnish with reserved stalk leaves and sesame seeds.
Serve immediately.

HELPFUL TIPS:

This recipe is great when you’ve already used the broccoli florets but don’t know what to do with the leftover stalk.

Use a paring knife or vegetable peeler to remove the fibrous exterior of the stalks.
Change the flavor profile by substituting lemon juice, olive oil, and parmesan for the soy sauce, sesame oil, and sesame seeds.
Crunchy Broccoli & Quinoa Salad

INGREDIENTS:
- 3/4 cup uncooked red quinoa
- 3 Tbsp. fresh lemon juice
- 2 large heads broccoli, in small florets
- 2 cloves garlic, minced
- 1/3 cup olive oil
- 1/2 cup toasted slivered almonds
- 1 Tbsp. Dijon mustard
- 3/4 tsp. salt
- 1 Tbsp. honey or maple syrup
- 1/4 tsp. pepper

DIRECTIONS:
Preheat oven to 400°F. Line a baking sheet with parchment paper.

In a medium bowl, toss broccoli florets with 1 Tbsp. olive oil, 1/4 tsp. salt, and 1/8 tsp. pepper. Spread on baking sheet and roast for 20-30 minutes.

Cook quinoa according to package directions, then set aside.

In a small bowl, combine Dijon, honey, lemon, garlic, and remaining olive oil, salt and pepper. Whisk to combine dressing.

In a large bowl, combine quinoa, roasted broccoli, and almonds. Mix in the prepared dressing, and serve.

HELPFUL TIPS:
This salad can be served warm, cold, or at room temperature.
For extra protein, add beans or grilled chicken.
Top with avocado for more healthy fats