

Spring Produce Spotlight

BROCCOLI



- 1 How do I pick a good broccoli?
- 2 How should I store it?
- 3 What are some ways to prepare it?



1 PICK IT

- ☑ Choose broccoli with large, tight florets that are green, purplish, or bluish-green.
- ☑ The head of broccoli should have a tight cluster of small flower buds and very firm stalks. Yellow flowers and large buds are a sign of over maturity.



2 STORE IT

- ☑ Store broccoli unwashed in an open plastic bag in the fridge. Do not store on the counter.
- ☑ Store in the vegetable crisper of the refrigerator and use it within 3 to 5 days for the best quality.



3 TRY IT

- ☑ Rinse under running water, then eat raw, steamed, roasted, or sautéed.
- ☑ Raw broccoli goes great with sauces or dips.
- ☑ The stalk is edible and contains a high amount of fiber.
- ☑ Cut florets into even-sized pieces for cooking. Steam 3-4 minutes or simmer in 1 inch of boiling water until bright green and tender-crisp.
- ☑ Broccoli is also great added to salads, soups, stews, casseroles, and stir-fry.
- ☑ Avoid overcooking, since it produces a strong sulfur odor, mushy texture, and results in lost nutrients.



Broccoli and Cauliflower Salad

YIELD: 8 SERVINGS

Ingredients:

- 3 cups broccoli
- 3 cups cauliflower
- ½ cup dried cranberries or raisins
- ½ cup purple grapes
- ¼ cup red onion
- 2 Tablespoons vinegar or lemon juice
- ¾ cup plain nonfat Greek yogurt or low-fat mayonnaise
- 2 teaspoons sugar
- 2 Tablespoons sunflower seeds
- 3 slices bacon, cooked and crumbled (optional)

Directions:

1. Wash hands with soap and water
2. Wash and prepare broccoli, cauliflower, onion and grapes.
3. In a large bowl, combine broccoli, cauliflower, dried cranberries, grapes and red onion.
4. In separate small bowl, stir together vinegar, Greek yogurt and sugar.
5. Pour yogurt mixture over broccoli mixture and stir gently.
6. Add sunflower seeds and crumbled bacon, if desired. Stir gently.
7. Store leftovers in a sealed container in the refrigerator for up to 4 days.

