

# COOKING WITH BROCCOLI

## Broccoli

Broccoli is closely related to cauliflower since both are grown for the clusters of unopened flower buds and tender flower stalks. Like the other close relatives of cabbage, broccoli is native to the Mediterranean area and Asia Minor. It has been popular in Italy since the days of the Roman Empire. However, records indicate this vegetable was unknown in England until a relatively recent few hundred years ago. It became popular in the United States in the 1900's.

## How To Buy It

Choose tight florets that are green, purplish or bluish green. Head should be large with a tight cluster of small flower buds and very firm stalks. Yellow flowers are a sign of over maturity.

Broccolini is a cross of broccoli and Chinese broccoli. It is a smaller, delicate and sweeter type of broccoli.

Romanesco is a cross between broccoli and cauliflower. It is admired for its spiral flower patterned heads.

## How to Store It

Store in the vegetable crisper in your refrigerator and make sure you use it in a short period of time. Do not rinse until just before using.

## How to Cook It

Broccoli is great raw, served with sauces or dips. The stalk is edible and contains a high amount of fiber; to use, peel it first. Avoid overcooking, which produces a strong sulfur odor and results in lost nutrients. Broccoli can be stir-fried, roasted, lightly sautéed or steamed. Cut florets into even-sized pieces and steam or 3-4 minutes in 1 inch of boiling water until bright green and tender crisp.

## Steamed Broccoli with Dill Dressing

### Ingredients

1 bunch of broccoli (about 2 lbs.)	1/4 teaspoon black pepper
3 carrots, peeled & cut into 2 inch strips	1 teaspoon dried dill weed or
6 tablespoons olive oil	3 teaspoons of fresh dill
1 tsp. salt	

### Directions

1. Combine ingredients for the Dill Dressing and set aside - olive oil, pepper, and dill.
2. Bring a large saucepan of water to a boil while preparing the vegetables.
3. Rinse, trim stems from broccoli and peel; cut into 2 inch strips.
4. Cut florets into small uniform pieces and set aside. Prepare carrots and set aside.
5. Add carrots and broccoli stems to boiling water; cook for 1 minute.
6. Add broccoli florets and boil two minutes longer; do not overcook.
7. Drain and rinse under cold running water and drain again.
8. Place in a large bowl and gently toss with dressing.

Yields 6 servings

Nutrition facts per serving:

Calories 200; Fat 15g; Cholesterol 0mg; Sodium 70mg; Carbohydrates 14g; Fiber 5g; Sugar 5g; Protein 5g