

Recipes... BROCCOLI



TIPS & TRICKS: To avoid overcooking, uncover once it's done and serve right away. You can also plunge it into an ice bath to stop the cooking--this will preserve the color, flavor, and nutrients. Don't throw away that stalk! Try shredding it and substituting it for its cousin the cabbage in your favorite coleslaw recipe. Or peel it, chop and cook along with the florets. It's my favorite part! It can take just a bit longer to cook so make sure it's on the bottom of the pan. A bit of salt sprinkled on your broccoli before cooking will bring out a vibrant green color.

BROCCOLI MANDARIN ORANGE SALAD

Colorful and full of crunch, this salad will please even the non-veggie people!

5 cups broccoli florets
2 Tbsp. almonds
2 - 11 oz. cans of mandarin orange sections, well drained
1 orange, grated peel and juice
5 green onions, chopped
3 Tbsp. white vinegar
1 Tbsp. sugar
1 Tbsp. olive oil
salt and pepper, optional*

Steam broccoli flowerets in covered saucepan for 3 minutes only. Remove quickly and rinse with cold running water until broccoli is no longer warm. Do not cook further. Place in serving bowl and chill, covered. Meanwhile, in a medium-sized bowl, combine almonds, drained mandarin oranges, grated peel and juice from orange, green onions, and remaining ingredients except for salt and pepper. Toss gently and allow to stand at room temperature for about 15 to 30 minutes. When ready to serve, pour marinated orange mixture on chilled broccoli and toss very gently. Season to taste with salt and pepper, if desired, and serve.

CHICKEN & BROCCOLI PASTA

3 tablespoons olive oil
1 pound skinless, boneless chicken breast halves - cut into 1 inch pieces
1 tablespoon chopped onion
2 cloves garlic, chopped
3 cups diced tomatoes
2 cups fresh broccoli florets
salt and pepper to taste
1 pinch dried oregano
18 ounces dry penne pasta
1/4 cup fresh basil leaves, cut into thin strips
2 tablespoons grated Parmesan cheese

In a large skillet over medium heat, warm oil and add chicken; cook until slightly brown. Add onion and garlic to cook for about 5 minutes or until garlic is golden and onions are translucent. Add tomatoes, broccoli, salt, pepper and oregano; stir well and bring to a boil. Cover and turn down heat to simmer for about 10 minutes.

Meanwhile, bring a large pot of lightly salted water to a boil. Add pasta and cook for 8 to 10 minutes or until tender; drain and add back into pot. Pour chicken sauce into pot and mix well. Add basil and toss well; top with Parmesan cheese. Serve.

ROASTED LEMON GARLIC BROCCOLI

1 head broccoli, separated into florets
1 teaspoons extra-virgin olive oil

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1/2 teaspoon sea salt
1/4 teaspoon ground black pepper
1/2 clove garlic, minced
1/4 teaspoon lemon juice

Preheat the oven to 400 degrees F (200 degrees C). In a large bowl, toss broccoli florets with the extra virgin olive oil, sea salt, pepper and garlic. Spread the broccoli out in an even layer on a baking sheet. Bake in the preheated oven until florets are tender enough to pierce the stems with a fork, 15 to 20 minutes. Remove and transfer to a serving platter. Squeeze lemon juice liberally over the broccoli before serving for a refreshing, tangy finish.

POOL PARTY PASTA SALAD

1 (16 ounce) package farfalle (bow tie) pasta
1 cup broccoli florets
8 ounces fresh asparagus spears, trimmed and chopped
8 ounces diced cooked chicken breast meat
1 (15 ounce) can kidney beans, drained
1 (4 ounce) can sliced black olives, drained
1 medium green bell pepper, seeded and diced
1/2 pint cherry tomatoes, halved
4 ounces crumbled feta cheese
1 cup Italian salad dressing, or as needed
salt and pepper to taste

Bring a large pot of lightly salted water to a boil. Add pasta, and cook until tender, about 8 minutes. Add broccoli florets and asparagus to the boiling water during the last 5 minutes. Drain, and run under cold water to cool.

In a large serving bowl, stir together the diced chicken, kidney beans, black olives, green pepper, cherry tomatoes, feta cheese and Italian dressing. Stir in the pasta, broccoli and asparagus. Season with salt and pepper to taste. This salad is best if chilled for a couple of hours before serving.

GINGER VEGGIE STIR FRY

1 tablespoon cornstarch
1 1/2 cloves garlic, crushed
2 teaspoons chopped fresh ginger root, divided
1/4 cup vegetable oil, divided
1 small head broccoli, cut into florets
1/2 cup snow peas
3/4 cup julienned carrots
1/2 cup halved green beans
2 tablespoons soy sauce
2 1/2 tablespoons water
1/4 cup chopped onion
1/2 tablespoon salt

In a large bowl, blend cornstarch, garlic, 1 teaspoon ginger, and 2 tablespoons vegetable oil until cornstarch is dissolved. Mix in broccoli, snow peas, carrots, and green beans, tossing to lightly coat. Heat remaining 2 tablespoons oil in a large skillet or wok over medium heat. Cook vegetables in oil for 2 minutes, stirring constantly to prevent burning. Stir in soy sauce and water. Mix in onion, salt, and remaining 1 teaspoon ginger. Cook until vegetables are tender but still crisp.

QUICK & SIMPLE BROCCOLI & CHEESE

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1-1/2 cups broccoli florets
3 tablespoons butter, melted
salt and pepper to taste
1/2 cup shredded Cheddar cheese

Place broccoli in a steamer over 1 inch of boiling water, and cover. Cook until tender but still firm, about 2 to 6 minutes. Drain and transfer to a microwave safe casserole dish.

Pour melted butter over broccoli (use more or less, to taste) and season with salt and pepper. Sprinkle cheese over the top and microwave, on high, for 1 minute, or until cheese is melted.

BROCCOLI CHEESE CORNBREAD

4 eggs
1 1/2 cups broccoli
1 cup cottage cheese
1 onion, chopped
1/2 cup butter, melted
1 (8.5 ounce) package self-rising cornmeal
1 teaspoon salt

Preheat oven to 400 degrees F (200 degrees C). Lightly grease an 11x7 inch baking pan.

In a large mixing bowl, combine cornmeal mix and salt. In a separate bowl, mix together eggs, cottage cheese, onion and butter. Stir the egg and cheese mixture into the flour mixture. Fold in the broccoli. Pour batter into prepared pan.

Bake in preheated oven for 30 minutes, or until a toothpick inserted into the center of the pan comes out clean.

BROCCOLI WITH LEMON ALMOND BUTTER

1 head fresh broccoli, cut into florets
1/4 cup butter, melted
2 tablespoons lemon juice
1 teaspoon lemon zest
1/4 cup blanched slivered almonds

Steam or boil broccoli until tender, approximately 4 to 8 minutes. Drain.

In a small saucepan, melt butter over medium low heat. Remove from heat. Stir in lemon juice, lemon zest, and almonds. Pour over hot broccoli, and serve.

BROCCOLI SALAD

1 head fresh broccoli, cut into bite size pieces
1/2 cup raisins
1/4 cup red onion, chopped
2 tablespoons white sugar
3 tablespoons white wine vinegar
1 cup mayonnaise
1 cup sunflower seeds
10 slices bacon

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Place bacon in a large, deep skillet. Cook over medium high heat until evenly brown. Crumble and set aside. In a salad bowl, toss together broccoli, raisins and red onions. In a separate bowl, whisk together the white sugar, vinegar and mayonnaise. Pour over broccoli mixture and toss to coat. Refrigerate for at least 2 hours.

Before serving, sprinkle with sunflower seeds and crumbled bacon. Toss and serve.

CHEESE & BROCCOLI CHICKEN SOUP

1/2 cup butter
1 cup all-purpose flour
11 cups water
3 cubes chicken bouillon
2 pounds skinless, boneless chicken breast halves - cut into bite-size pieces
2 heads fresh broccoli, cut into florets
1 1/2 teaspoons salt
1 teaspoon ground black pepper
1 cup light cream
3 cups shredded Cheddar cheese

In a 5-quart pot, melt butter over medium heat. Mix in flour, stirring constantly until a thick paste forms. Remove from pot, and set aside. In same pot, combine water, bouillon cubes, chicken, broccoli, salt and pepper. Bring to boil over high heat. Reduce heat to medium low, and simmer for 45 minutes. Stir in the flour mixture a little bit at a time until soup thickens. Simmer 5 minutes. Reduce heat, and stir in cream. Mix in cheese 1 cup at a time, and stir until melted.

BROCCOLI WITH GARLIC BUTTER & CASHEWS

6 cups fresh broccoli, cut into bite size pieces
1/3 cup butter
1 tablespoon brown sugar
3 tablespoons soy sauce
2 teaspoons white vinegar
1/4 teaspoon ground black pepper
2 cloves garlic, minced
1/3 cup chopped salted cashews

Place the broccoli into a large pot with about 1 inch of water in the bottom. Bring to a boil, and cook for 7 minutes, or until tender but still crisp. Drain, and arrange broccoli on a serving platter.

While the broccoli is cooking, melt the butter in a small skillet over medium heat. Mix in the brown sugar, soy sauce, vinegar, pepper and garlic. Bring to a boil, then remove from the heat. Mix in the cashews, and pour the sauce over the broccoli. Serve immediately.

CREAM OF BROCCOLI

3 cups water
2 teaspoons salt
1 cup chopped broccoli
2 tablespoons butter
3 tablespoons all-purpose flour
14 1/2 ounces evaporated milk
1 cup water

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1 1/2 teaspoons grated onion
1 1/2 teaspoons salt

In a medium saucepan, bring 3 cups water and salt to a boil. Cook broccoli in boiling water, uncovered, for 10 to 12 minutes. Drain, place broccoli in a small bowl, and mash.

Melt butter in a large saucepan over medium heat. Mix in flour, and then gradually whisk in milk and water; stir continuously until liquid begins to boil. Stir in grated onion and mashed broccoli. Season with remaining salt.

GARLIC BROCCOLI

4 cloves garlic, peeled
1 1/2 teaspoons salt
1 bunch broccoli, cut into florets
1/3 cup olive oil
1/4 cup red wine vinegar
1 tablespoon Dijon mustard
1/2 cup grated Parmesan cheese, or to taste

Place garlic in a mortar dish or on a cutting board, and sprinkle with salt. Mash with a pestle, or use the flat side of a knife to mash garlic and salt into a paste. Transfer to a medium bowl, and stir in olive oil, vinegar, and mustard. Add the broccoli, and stir to coat. Chill for 3 hours to marinate, stirring occasionally. Sprinkle with Parmesan cheese before serving.

BROCCOLI CHEESE PIE

1 head fresh broccoli, chopped

1 cup shredded Cheddar cheese
3/4 cup all-purpose flour
1/2 teaspoon salt
1/4 teaspoon dry mustard
1/4 cup butter, melted

1 tablespoon butter
1 onion, chopped
1/4 pound fresh mushrooms, sliced
2 tablespoons all-purpose flour
1 cup half-and-half cream
1 teaspoon salt
1/4 teaspoon ground nutmeg
3 eggs, beaten

Preheat oven to 400 degrees F (200 degrees C).

Bring about 1 inch water to a boil in a pot. Place the chopped broccoli in a steamer basket over boiling water, and steam 5 minutes, or until tender but firm.

In a bowl, mix the Cheddar cheese, 3/4 cup flour, 1/2 teaspoon salt, and mustard. Mix in 1/4 cup butter until evenly moist. Press into the bottom and sides of an 8 inch pie dish.

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Melt the 1 tablespoon butter in a skillet over medium heat, and saute the onion and mushrooms until tender. Stir in 2 tablespoons flour, half and half, 1 teaspoon salt, and nutmeg. Bring to a boil, and cook 1 minute. Remove from heat. Mix in steamed broccoli. Gradually stir in eggs. Transfer to the pie crust. Bake 15 minutes in the preheated oven. Reduce heat to 375 degrees F (190 degrees C), and continue baking 20 minutes, until a knife inserted in the center comes out clean.

CHEESY BROCCOLI POTATO MASH

1 pound Yukon Gold potatoes, cut into wedges
3/4 pound broccoli crowns, chopped (4 cups)
3/4 cup shredded fontina cheese
1/2 cup nonfat milk, heated
1/2 teaspoon salt
Freshly ground pepper to taste

Bring 1 inch of water to a boil in a large pot. Place potatoes in a steamer basket and steam for 10 minutes. Place broccoli on top, cover and steam until the potatoes and broccoli are tender, 6 to 8 minutes more. Transfer the broccoli to a large bowl and coarsely mash with a potato masher. Add the potatoes, cheese, milk, salt and pepper and continue mashing to desired consistency. Serve immediately.

ROASTED BROCCOLI WITH LEMON

4 cups broccoli florets
1 tablespoon extra-virgin olive oil
1/4 teaspoon salt
Freshly ground pepper
Lemon wedges

Preheat oven to 450°F. Toss broccoli with oil, salt and pepper. Place on a large baking sheet (not air-insulated) and roast until the broccoli is tender and blackened on the bottom, 10 to 12 minutes. Serve immediately, with lemon wedges.