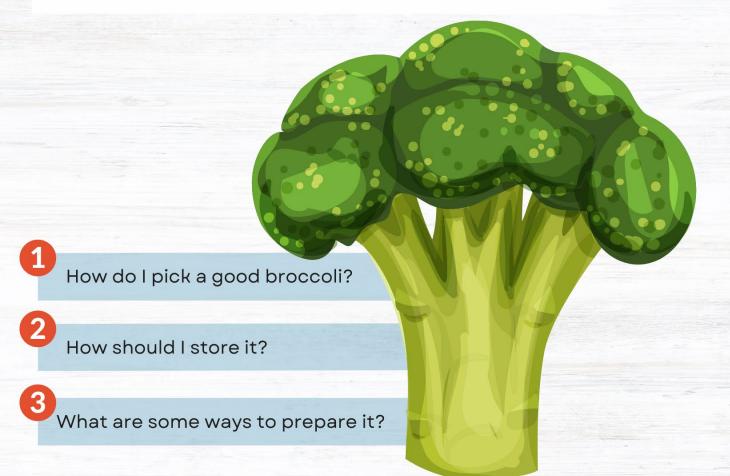
Spring Produce Spotlight BROCCOLI







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
- 1/4 cup red onion
- 2 Tablespoons vinegar or lemon juice
- 3/4 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.

