

Broccoli

HOW TO CHOOSE AND STORE

Look for broccoli that have a fresh, firm, tightly packed crown and fresh-looking green leaves. When growing your own, don't wait for the head to get bigger, and instead harvest while the crown is still tightly packed. Once the main head has been harvested, numerous side shoots can be cut that are much smaller in size. Store your broccoli in the fridge, loosely wrapped, preferably in a damp towel. It will keep for a few days. For long term storage, broccoli can be frozen after blanching or dehydrated.



HOW TO USE AND EAT

Broccoli is native to the Mediterranean, originally cultivated in Italy. As a cruciferous vegetable, it's related to cabbage, cauliflower, brussels sprouts, and kale. The broccoli head and stem can both be eaten cooked or raw. It is a versatile, tasty and healthy addition to any meal, and all the traditional ways of cooking vegetables can be used on broccoli, i.e. boiling, roasting, grilling, frying, etc. You can throw it into a stir-fry, or a pasta dish, or a salad. A popular way to eat it raw is with a side of ranch dressing. Also, while broccoli grows in large heads, it is usually cut up into smaller pieces when prepared.

ROASTED BROCCOLI AND CARROTS

- 3 large heads of broccoli, chopped into florets (this will make a few servings)
- 3 medium carrots, sliced into thin rounds, 1/4" or so. Recipe can also be made without carrots, if need be
- olive oil (2 tbsp), salt, and pepper
- 1 clove garlic, parmesan, and a lemon wedge (all optional)

Preheat the oven to 450 F. Line a baking sheet with parchment paper and spread broccoli and carrots on top. Lightly drizzle with olive oil and salt and pepper. Roast for 20 to 25 minutes, until tender and slightly browned. Remove from oven. (Optional: sprinkle in minced garlic and parmesan, and squeeze lemon juice onto roasted veggies.) Plate and serve.

GRILLED BROCCOLI

- broccoli florets
- lemon juice and garlic
- olive oil, salt, and pepper
- Italian seasoning, parsley, or other preferred seasonings

First, marinade the broccoli in a thin coating of olive oil, lemon juice, garlic, and your herbs and spices. You can toss it together in a bowl and let sit for around 20 minutes. Preheat a grill pan or outdoor grill and add broccoli. Cook for 3-4 minutes each side, until tender.

MINI CRUSTLESS BROCCOLI QUICHES

- 8 large eggs, and salt and pepper
- Steamed broccoli or cooked frozen broccoli (Drain excess water from frozen cooked broccoli, and ensure steamed broccoli is fully cooled.)
- A little bit of milk, to fluff up the eggs
- Shredded cheese (mozzarella, cheddar, or feta)
- Additional vegetables if desired, pre-cooked

Preheat oven to 375 F. Crack eggs into a large bowl and whisk them well with milk, salt, and pepper. Fill prepared muffin cups with equal amounts of chopped cooked broccoli and cheese. Pour even amounts of egg mixture into muffin pan until each one is mostly full. Bake the mini crustless quiche 20-25 minutes, until the middle is firm and the edges are golden. Remove from oven and let cool for a few minutes. Use a knife to scoop out the mini quiches and serve. Quiches are best eaten fresh-cooked.