

BROCCOLI



Broccoli is most often served as steamed florets, but it is also delicious roasted, sautéed, and stir fried. It can also be a scrumptious addition to casseroles, soups, and salads.

FUN FACT #1:

If broccoli is not harvested at the correct time, it will turn into a head full of yellow blooms.

Broccoli is a **DARK GREEN** vegetable. It is high in vitamin C and vitamin K, and is a good source of fiber, folate, vitamin A, and Manganese. It also has lots of phytochemicals, like lutein and zeaxanthin.

FUN FACT #2:

Broccoli comes from the Latin word “brachium,” which translates to “branch” or “arm.”



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Safety:	<p>Wash broccoli thoroughly before preparing. Store at or below 41 ° F for no more than 5 days. Use gloves for produce that will be served raw.</p> <p>Always use a different cutting board for vegetables and meats to prevent cross-contamination.</p>
Yield:	<p>For 100 1/2 cup servings of raw purchase 20.6 lbs of untrimmed fresh broccoli. For 100 1/2 cup servings of chopped, cooked, purchase 2 lbs. One pound of untrimmed broccoli is 4.8 cup servings.</p>
Quality:	<p>Broccoli should be firm with compact clusters of small flower buds, thin stems, and light green stalks that are about five inches long. The vegetable should not be yellow.</p>
Storage:	<p>Mist lightly with water and store under refrigeration for up to five days.</p>
Preparation:	<p>Broccoli florets are the most used part of the vegetable, but the stem may be eaten as well. Florets and stems should be cut into bite sized pieces before being lightly steamed. Take care not to overcook. Batch cooking is ideal. Shredded broccoli stems are often used as a delicious substitute for cabbage in coleslaw or in crunchy stir fries.</p>
Seasonings:	<p>Broccoli goes with Asian (sesame, ginger, soy sauce, garlic) seasonings. Broccoli also goes well with cheese and can be easily added into casseroles or sprinkled with Parmesan cheese.</p>

