

Vegetable of the Month

Broccoli



Broccoli has been around for more than 2000 years, The name "broccoli" comes for the Latin word brachium, which means "branch," or "arm." Americans have grown it in their gardens for only about 200 years! The first commercially grown broccoli was grown and harvested in New York, then planted in the 1920's in California. A few crates were sent back East and by 1925 the broccoli market was off the ground. This vegetable is highly recognized for its anti-cancer nutrients. It is a cruciferous vegetable and member of the cabbage family which is helpful in preventing certain types of cancer

Varieties

Broccoli was first grown in the Italian province of Calabria and was given the name Calabrese. Today there are many varieties. In the United States, the most common type of broccoli is the Italian green or sprouting variety. Its green stalks are topped with umbrella-shaped clusters of purplish green florets.

Nutrition Facts	
Serving Size (148g)	
Servings Per Container	
Amount Per Serving	
Calories 40	Calories from Fat 5
% Daily Value*	
Total Fat 1g	1%
Saturated Fat 0g	0%
Cholesterol 0mg	0%
Sodium 40mg	2%
Total Carbohydrate 8g	3%
Dietary Fiber 4g	16%
Sugars 3g	
Protein 4g	
Vitamin A 90%	• Vitamin C 230%
Calcium 8%	• Iron 8%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

Did You Know

That broccoli consumption has increased over 940 percent over the last 25 years! It's a good source of Vitamin A, and vitamin C, potassium, folacin, iron and fiber. Broccoli has as much calcium ounce per ounce as milk and contains a few important phytochemicals: beta-carotene, indoles and isothiocyanates. Phytochemicals prevent carcinogens (cancer causing substances) from forming. They also stop carcinogens from getting to target cells and help boost enzymes that detoxify carcinogens. So next time you sit down to eat and broccoli is on the menu. Remember it really is good for you!

How To Select Fresh Broccoli

Choose bunches that are dark green. Good color indicates high nutrient value. Florets that are dark green, purplish, or bluish green contain more beta-carotene and vitamin C than paler or yellowing ones. Choose bunches with stalks that are very firm. Stalks that bend or seem rubbery are of poor quality. Avoid broccoli with open, flowering, discolored, or water-soaked bud clusters and tough, woody stems.

Storage

Store broccoli unwashed, in an open plastic bag and place in the crisper drawer of refrigerator. It is best if used within a day or two after purchasing.

Fresh vs. Frozen

Packaged frozen broccoli differs from fresh in its nutrient content. The flower buds or florets are richer in beta-carotene than the stalks. Manufacturers typically cut off most of the stalk before packaging it, so frozen broccoli may contain 35% more beta-carotene by weight than fresh broccoli. The downside is that frozen broccoli has twice as much sodium as fresh (up to 68 mg per 10 oz. package), about half the calcium, and smaller amounts of iron, thiamin, riboflavin, and vitamin C.

Preparation and Cooking

The best way to cook broccoli is to steam, cook in the microwave or stir-fry with a little broth or water. These methods are better than boiling. Some of the vitamin and mineral content are lost from the vegetable and end up in the cooking water when they are boiled. Cooked broccoli should be tender enough so that it can be pierced with a sharp knife, and still remain crisp and bright green in color.

Make Broccoli Part of Your 5 A Day Plan



Eat florets as a nutritious snack. Try them with a low-fat dip, or include them in your favorite salad. Think about adding two vegetables to your dinner menu, and include broccoli or another cruciferous vegetables several times a week.

Recipes

Broccoli Soup

Makes 4 servings

Each serving equals one 5 A Day serving

1 1/2 cups chopped broccoli (or 10-ounce pkg. frozen broccoli)

1/4 cup diced celery

1/4 cup chopped onion

1 cup low sodium chicken broth

2 cups nonfat milk

2 Tbsp cornstarch

1/4 tsp salt

Dash pepper

Dash ground thyme

1/4 cup grated Swiss cheese

Place vegetables and broth in saucepan. Bring to boil, reduce heat, cover, and cook until vegetables are tender (about 8 minutes). Mix milk, cornstarch, salt, pepper, and thyme; add to cooked vegetables. Cook, stirring constantly, until soup is lightly thickened and mixture just begins to boil. Remove from heat. Add cheese and stir until melted.

Nutritional Analysis Per Serving: calories 126, protein 0, fat 2g, percent calories from fat 14%, cholesterol 10mg, carbohydrates 18g, fiber 3g, sodium 255mg

The Broccoli and Everything Salad

Makes 4 servings

Each serving equals two 5 A Day servings

3 cups raw broccoli, chopped

1 cup seedless raisins

2 strips lean turkey bacon

1/2 cup red onion, chopped

Vegetable dressing (recipe follows)

In large bowl, combine chopped broccoli, raisins, cooked diced bacon, and raw chopped onions. Add dressing to combined ingredients, and stir to coat evenly. Ready to eat or chill.

Vegetable Dressing

1/4 cup non-free mayonnaise

1/2 cup plain non-fat yogurt

1/4 cup sugar

1/2 tsp vinegar

Combine ingredients and stir well.

Nutritional Analysis Per Serving: calories 235, protein 5g, fat 2g, percent calories from fat 8%, cholesterol 10g, carbohydrate 54g, fiber 4g, sodium 242mg

Broccoli Baked Potatoes

Makes 6 servings

Each serving equals two 5 A Day servings

6 medium Idaho potatoes

3 stalks broccoli

1/4 cup skim milk

1 cup shredded light cheddar cheese

1/8 tsp pepper

Scrub potatoes. Make shallow slits around the middle as if you were cutting the potatoes in half lengthwise. Bake at 350°F for 30 - 60 minutes until done, depending on size. Peel broccoli stems. Steam whole stalks just until tender and chop finely. Carefully slice the potatoes in half and scoop the insides into a bowl with the broccoli. Add milk, 3/4 cup cheese and pepper. Mash together until the mixture is pale green with dark green flecks. Heap into the potato jackets and sprinkle with remaining cheese. Return to oven to heat through (about 15 minutes).

Nutritional Analysis Per Potato: calories 346, protein 24g, fat 7g, percent calories from fat 18%, cholesterol 20mg, carbohydrate 55g, fiber 14g, sodium 327mg

Pasta Primavera

Makes 2 servings

Each serving equals three 5 A Day servings

- 1 cup broccoli florets
- 1 cup carrots, sliced
- 1 cup zucchini, sliced
- 1 cup macaroni or rotini pasta
- 1 Tbsp flour (for sauce)
- 1 Tbsp margarine (for sauce)
- 1 cup skim milk (for sauce)
- 1/4 tsp dried basil (for sauce)
- 1/8 tsp black pepper (for sauce)
- 2 Tbsp Parmesan cheese (for sauce)

Steam vegetables until crisp-tender, and cook macaroni according to package directions. In a small saucepan, melt margarine and blend in flour. Gradually stir in milk and seasoning. (Do not add cheese at this time.) Cook over medium heat, stirring constantly, until sauce thickens. Remove from heat and blend in cheese. Pour over hot vegetables. Add macaroni and mix together.

Nutritional analysis per serving: calories 388, protein 18g, fat 8g, percent calories from fat 19%, cholesterol 7mg, carbohydrate 62g, fiber 6g, sodium 281 mg