

Broccoli



SEASONALITY



NUTRITIONAL PROPERTIES

Broccoli is a powerhouse of a vegetable. It is high in fiber, naturally low in sodium, and fairly high in protein. It has a significant amount of vitamin K, vitamin C, and several B vitamins.

STORAGE

Store broccoli in the refrigerator within a plastic bag. Lasts up to 2 weeks.

PRESERVATION

Blanch the broccoli and dry with a towel or paper towel. Once dry, freeze in a plastic bag. Frozen broccoli florets can last 3-4 months.

HOW TO PREPARE

1. Preheat the oven to 425 ° F.
2. Chop broccoli into sections.
3. Place on baking tray and lightly oil.
5. Sprinkle with spices, salt, pepper.
6. Roast for 20 minutes.

Broccoli can be sautéed, steamed, roasted, or pan fried. They can be eaten as a side, or chopped into pieces for salads. Add to stir fries, salads, soups, and more.

RECIPES FROM HOFFFA

with broccoli

- Summer Spaghetti & Cripsy Broccoli
- Vegetable Stir Fry

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