

broccoli

select

Choose broccoli with tight, bluish-green florets.

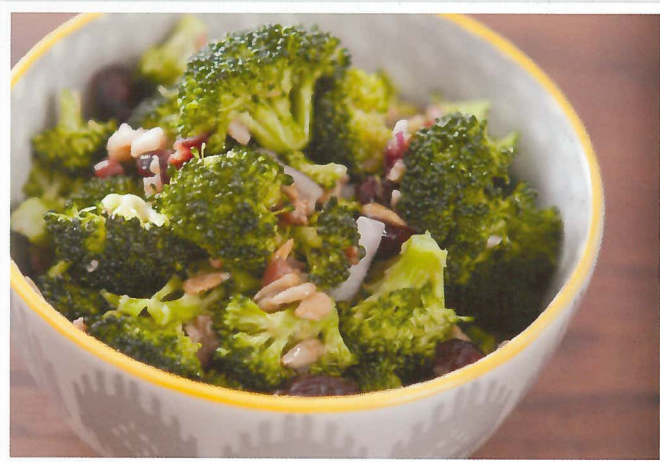
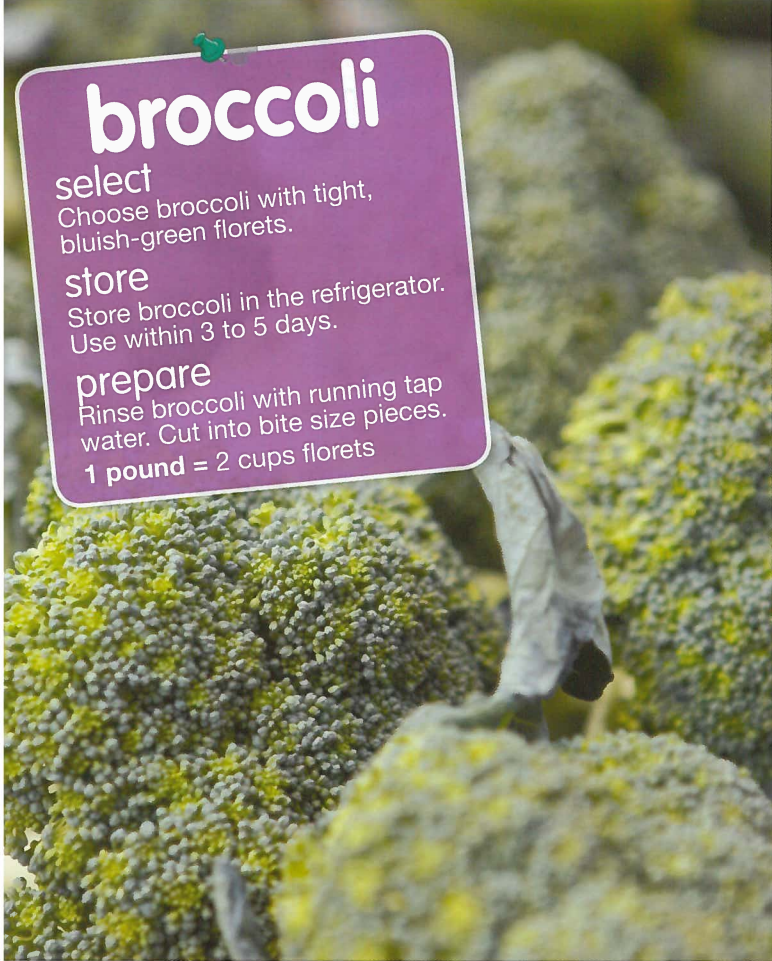
store

Store broccoli in the refrigerator. Use within 3 to 5 days.

prepare

Rinse broccoli with running tap water. Cut into bite size pieces.

1 pound = 2 cups florets



broccoli raisin salad

- 6 cups chopped broccoli
- 1/2 cup raisins
- 1/4 cup finely chopped red onion
- 1/4 cup sunflower seeds
- 1/4 cup bacon bits
- 1/2 cup light mayonnaise
- 1/4 cup sugar
- 1 tablespoon red wine vinegar

step 1 Combine chopped broccoli, raisins, chopped onion, sunflower seeds and bacon bits in a large bowl.

step 2 Combine mayonnaise, sugar and vinegar in a small bowl.

step 3 Stir mayonnaise mixture into salad.

Makes 6 servings - One serving (1 cup) has 182 calories, 6.5 gms fat, 16.2 mg sodium and 3.5 gms fiber.

4 ways to eat more broccoli:

- 1. Roast it!** Sprinkle bite size pieces of broccoli with olive oil. Cook in a 450° oven for 10 minutes on a metal baking pan. Sprinkle with shredded parmesan cheese.
- 2. Steam it!** Cook bite size pieces of broccoli in a pan of boiling water for 6 to 8 minutes. Or cover a dish of broccoli with a wet paper towel and microwave for 2 to 3 minutes.
- 3. Serve raw broccoli** spears with hummus, low fat dill dip or ranch salad dressing.
- 4. Mix finely chopped broccoli** into spaghetti sauce, meatloaf, meatballs, lasagna, soup or salads.

