

# Broccoli



Broccoli is a cruciferous vegetable in the Brassicaceae family which also includes other cruciferous vegetables, such as cauliflower, Brussels sprouts, and cabbage. It is an excellent source of vitamins and fiber, and is a very antioxidant-rich vegetable.

## Used in:

Snacks, side dishes, soups, casseroles, or salads

## What does it taste like?

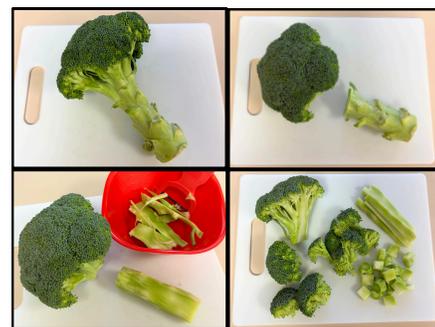
Broccoli has an earthy and peppery flavor. It is similar to the taste of Brussels sprouts.

## How do I store, save, and freeze it?

Store whole, uncut and unwashed broccoli in the fridge, preferably crisper drawer for up to 5 days. To freeze, cut broccoli into 1-1.5 inch florets. Blanch in boiling water for 3 mins. Cool immediately in an ice bath, drain, and pack in freezer-safe container/bag. Label and date. Use within 8-12 months. You can also place blanched broccoli on a tray to freeze first before packaging.

## How do I prepare it?

1. Rinse under cool water, then air dry or pat fully dry. Soaking in salt water for a few minutes can encourage bugs to leave.
2. Rinse when done.
3. Slice off the florets where they meet the stem.
4. Slice larger florets in half.
5. Save stems to add to broths, soups, and stir fries, or discard.
6. Prepare according to recipe or cooking method being used.



## How do I cook it?

**In the microwave:** Trim broccoli and place small florets in a microwave-safe bowl. Add 2 tablespoons of water to the bottom of the bowl and cover with moist paper towel. Cook for about 2 minutes until bright green and tender.

**On the stove top:** Cut into small florets and sauté on medium heat with olive oil or butter until broccoli is tender when poked with a fork.

**Cooking Tip:** When overcooked, broccoli may develop a sulfur smell. Remove lid immediately after boiling or steaming.

**Seasoning ideas:** Savory: basil, dill, garlic, lemon, marjoram, oregano, tarragon and thyme.

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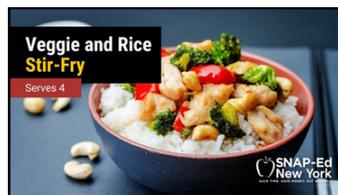
 [SNAPEdNY](https://www.youtube.com/SNAPEdNY)

*This guide has been adapted from the University of Rhode Island SNAP-Ed Program.*

## Recipes using Broccoli from SNAP-Ed NY:



Broccoli Cheddar Soup



Veggie & Rice Stir-Fry



Chicken Veggie Quiche



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