

Taste Test: Broccoli



Broccoli is a green vegetable that's part of a group called *cruciferous* vegetables and is related to cabbage. Broccoli is made up of little florets attached by small stems to a larger stalk that makes it look like a tree. The most common type of broccoli is Italian green. Broccoli is typically grown in the United States, especially California, between October and March.

Broccoli is very high in vitamin C and vitamin K. It also contains many other nutrients like folate, calcium and potassium.¹

How to Choose:

- Choose broccoli with compact floret clusters
- The florets should all be the same colour
- Choose dark-green broccoli for the most nutritional benefit

How to Prepare:

- Rinse broccoli under cold water
- Cut the florets into quarters
- Eat it fresh in salads, or with healthy dip, or lightly steam it

How to Store:

- In a plastic bag for up to 10 days in a fridge
- For maximum storage time, leave broccoli unwashed until it's time to prepare it

Note:

Canada's food guide recommendations:

- Include vegetables and fruit in all meals and snacks.
- Aim for half your plate to be vegetables and fruit.

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I Tried It!

My Rating (circle one):

  

Would you like to try broccoli again?

YES NO

Ideas for serving broccoli:

- After steaming broccoli, add it to your favourite pasta recipe.
- Puree cooked broccoli and cauliflower together and combine with seasonings to make a simple soup.
- Add chopped broccoli florets to your favourite omelette recipe.

Marinated Broccoli & Cauliflower Salad (Makes 8 servings)**Ingredients:**

- 2 cups broccoli
- 1 cup cauliflower
- ½ cup carrots, grated
- 1/3 cup raisins
- 1 cup roughly chopped cashews
- ½ cup light mayonnaise
- 1/3 cup cider vinegar
- ¼ cup granulated sugar

**Directions:**

1. Wash the broccoli, cauliflower, and carrots. Separate the broccoli and cauliflower into bite-sized florets. Grate the carrots.
2. Combine broccoli, cauliflower, carrots, raisins, and cashews in a large bowl.
3. In another bowl, whisk the mayonnaise, cider vinegar, and sugar together.
4. Pour the salad dressing over the vegetables, cover with plastic wrap, and refrigerate for at least two hours before serving.

Recipe adapted from [Strive for Five at School](#).

Getting children involved in cooking at home makes them more likely to eat fruit and vegetables and select healthy foods. For more information, please contact APPLE Schools at info@appleschool.ca.

¹ Health Line. <https://www.healthline.com/nutrition/foods/broccoli#section5>. Accessed Nov. 2, 2017