

Broccoli

Benefits of broccoli:

- 🌱 High in calcium and potassium
- 🌱 High in beta-carotene
- 🌱 High in fiber and protein

When are they in season?

- 🌱 Harvested fresh from mid-June to mid-October in Wisconsin.

Food Safety for broccoli

Wash broccoli with running water.

Store broccoli in the refrigerator.

Separate broccoli from meat. Use different cutting boards for meats and fruits.

Did you know... Darker green florets have the highest nutrient value.



Resource:

Fruit and Vegetable Safety. (2021, January 05). Retrieved January 06, 2021, from <https://www.cdc.gov/foodsafety/communication/steps-healthy-fruits-veggies.html>
Sam. (2019, April 15). Broccoli Salad. Retrieved January 18, 2021, from <https://sugarspunrun.com/broccoli-salad/>
Pictures: Creative Commons

Broccoli Salad

Serves: 8 cups

Ingredients

- 5-6 cups broccoli florets
- 1 cup sharp cheddar cheese
- 2/3 cup dried cranberries
- 1/2 cup crumbled bacon
- 1/2 cup salted sunflower seeds
- 1/3 cup red onion, diced.

Dressing

- 3/4 cup mayo
- 1/4 cup sour cream
- 1 1/2 tablespoon white wine vinegar
- 3 tablespoons sugar
- 1/4 teaspoon salt
- 1/4 teaspoon pepper

Directions

- Combine broccoli florets, cheddar cheese, dried cranberries, bacon, sunflower seeds, and onion in a large bowl.
- In a separate, small bowl, whisk together mayo, sour cream, vinegar, sugar, salt, and pepper until smooth and well-combined.
- Pour dressing over broccoli combination and toss or stir well.
- Serve.



Other ideas:

- 🌱 Cheese & broccoli soup
- 🌱 Add broccoli to a regular salad.
- 🌱 Steam broccoli