

# 11 Quick Recipes & Facts About Broccoli!



**1. On the grill:** Toss broccoli spears in a bit of high-heat cooking oil, place on hot grill or grill pan & sprinkle with salt & pepper. Grill for 10-15 mins., until tender & charred, flipping occasionally. Top with a squeeze of lemon juice.

**2. In salads & slaws:** Shred broccoli stems with a cheese grater & mix into tuna salad, green salad or coleslaw.

**3. Cancer fighting:** Broccoli has a special combination of nutrients that can help us fight of diseases, including cancer!

**4. Classic broccoli dipper:** Served with hummus, your favorite veggie dip or salad dressing, broccoli makes a perfect snack for home or on the go.

**5. Broccoli & pasta:** Chop up broccoli florets and sauté in a bit of water until just tender-crisp, about 5-7 mins., then add to your favorite pasta dish.

**6. Vitamin C:** Vitamin C helps our immune system & prevents skin damage. Just one cup of broccoli gives us our entire daily recommended dose of Vitamin C! 

**7. Easy steamed broccoli:** Steam broccoli with a steamer or in the microwave in minutes!

**8. Smashed broccoli & 'taters:** Adding broccoli to mashed potatoes increases the taste & the nutrition! Just add chopped broccoli to pot 5 mins. before potatoes are done cooking, then prepare as usual.

**9. 5 a day:** Apples are part of the vegetable family – include them in your 5 servings of fruits & veggies a day.

**10. Roasted:** Heat oven to 425° & cut broccoli into large florets. In a shallow baking dish or on a cookie sheet, toss broccoli with a bit of oil, quartered onions, salt & pepper. Roast, tossing once, until tender, 20-25 mins. Top with parmesan cheese.

**11. Fiber:** The fiber in broccoli aids digestion & promotes a healthy gut.

See other side for another recipe & complete broccoli nutrition facts... 



# Broccoli Stir Fry

## Ingredients

- 1 large onion, chopped
- 4 garlic cloves, minced or 1/2 tsp garlic powder
- 2 TBS cooking oil
- 2 cups broccoli florets & chopped stalk
- 2+ cups additional veggies, chopped
- 1 cup chickpeas or cooked chicken, chopped
- Cooked whole grain (brown rice, quinoa, wild rice, etc.)

## Sauce

- 4 TBS apple cider vinegar
- 4 TBS honey or agave
- 2 tsp miso paste, soy sauce or tamari
- crushed red pepper, optional



## Directions

- In a small bowl, mix together the sauce ingredients & set aside.
- Add cooking oil to a large skillet at medium-high. Add onion & garlic & sauté until onions are soft & start to brown, about 4 mins.
- Add broccoli, sauté for 3 minutes. Add remaining veggies & toss to combine well, then sauté until tender-crisp, about 7-10 mins. Stir in chickpeas or chicken & sauce & toss to coat the veggies.
- Serve on top of cooked whole grain.

## Broccoli Nutrition

Nutritional data & images courtesy of NutritionData.com

### 1 cup chopped, raw

Nutrition Facts	
Serving Size 1 cup chopped 91g (91 g)	
Amount Per Serving	
Calories 31	Calories from Fat 3
% Daily Value*	
Total Fat 0g	1%
Saturated Fat 0g	0%
Trans Fat	
Cholesterol 0mg	0%
Sodium 30mg	1%
Total Carbohydrate 6g	2%
Dietary Fiber 2g	9%
Sugars 2g	
Protein 3g	
Vitamin A	11% • Vitamin C 135%
Calcium	4% • Iron 4%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.	
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### 1/2 cup chopped, cooked

Nutrition Facts	
Serving Size 1/2 cup, chopped 78g (78 g)	
Amount Per Serving	
Calories 27	Calories from Fat 3
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat	
Cholesterol 0mg	0%
Sodium 32mg	1%
Total Carbohydrate 6g	2%
Dietary Fiber 3g	10%
Sugars 1g	
Protein 2g	
Vitamin A	24% • Vitamin C 84%
Calcium	3% • Iron 3%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.	
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