

# Broccoli

- Choose broccoli with dark green florets.
- Refrigerate unwashed and in a plastic bag for up to 1 week.
- Before cooking, wash and trim florets from stalks. Enjoy florets and stems raw or cooked.
- Broccoli has vitamin C, which is good for fighting colds and healing cuts.



## Broccoli Stir-Fry

### Ingredients:

2 teaspoons vegetable oil  
2 garlic cloves, minced  
3 cups broccoli florets  
2 carrots, chopped  
1 yellow bell pepper, cut into strips  
1 onion, chopped  
2 tablespoons lemon juice  
1/2 teaspoon salt (optional)

### Directions:

1. In a large frying pan, add oil and garlic. Cook over high heat for 2 minutes.
2. Add broccoli, carrots and 1/2 cup of water. Cook for 3 minutes, stirring often.
3. Add bell pepper and onion. Cook for 5 more minutes and continue to stir often.
4. Remove from heat. Vegetables will be crisp and brightly colored.
5. Toss with lemon juice and salt.
6. Serve and enjoy!
7. Refrigerate leftovers.

**Makes 5 servings.**

## Broccoli Chopped Salad

### Ingredients:

4 cups broccoli, chopped small  
3/4 cup dried cranberries or raisins, chopped  
2 to 3 scallions or green onions, sliced  
2 carrots, shredded  
1 cucumber, chopped  
3 tablespoons apple cider vinegar  
1/4 cup olive oil  
Salt and pepper to taste

### Directions:

1. In a large pot, boil 4 cups of water over high heat.
2. Add broccoli and cook for 3 minutes.
3. Rinse broccoli under cold water until cool.
4. Place cooled broccoli, dried fruit and all remaining vegetables in a bowl.
5. To make dressing, whisk together vinegar and oil until combined in a separate bowl.
6. Pour dressing over mixed vegetables and dried fruit. Season with salt and pepper to taste.
7. Serve and enjoy!
8. Refrigerate leftovers.

**Makes 4 servings.** Submitted by Aranza Portugal, Stellar Farmers Markets.

## Quick Tips

- Eat raw broccoli with a low-fat salad dressing for a healthy, crunchy snack!
- Do not throw away the broccoli stems. They can be sliced and eaten with your favorite dip or sauce!
- Steam broccoli with garlic for a delicious side dish.

## Kids can:

- Wash broccoli.
- Break off broccoli florets from the stalk.

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*Just Say Yes* to Fruits and Vegetables

