

Broccoli



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SCIENCES

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Broccoli

Broccoli has been around for more than 2000 years. It was first mentioned in writing during the Roman Empire, but its origins are not known. Americans only began to discover this superstar vegetable in the 1920's. The first broccoli harvested for commercial use in the United States was grown in Brooklyn, New York, in the early 1920's.

Varieties

Broccoli is a hardy vegetable of the cabbage family and a close relative of cauliflower. Green broccoli, purple broccoli, broccolini, and broccoflower can all be used interchangeably in most recipes that call for some kind of broccoli.



Italian Green broccoli also called sprouting broccoli is the most common type of broccoli sold in the United States. Another name for this type of broccoli is Calabrese. This name came from the Italian province of Calabria where it was first grown.



Broccoflower-is a cross between cauliflower and broccoli that ends up looking like green cauliflower and tasting more like cauliflower than broccoli. It is sweeter tasting than either broccoli or cauliflower. It is vivid chartreuse. Choose broccoflower with a tightly closed rounded or pyramid-shaped head.



Broccolini- is a cross between regular broccoli and Chinese broccoli that results in a baby-broccoli-like plant with small, thin stems and tiny heads. It is similar in flavor to broccoli, but a bit milder, and sweeter. Choose bright green, fresh-looking bunches. It is also called baby broccoli or aspiration



Chinese broccoli-has large dark green leaves, thin stems, and tiny flowering buds. Chinese broccoli looks like large spinach leaves but tastes like a sweet, mild version of green broccoli. To cook Chinese broccoli, separate the leaves from the stems. Peel and blanch the stems, then combine with leaves in a quick stir-fry.



Purple broccoli- Although it is a deeply colored variety of broccoli, it looks like purple cauliflower because of its tight heads. Purple broccoli nevertheless tastes like green broccoli and can add a lively color note to raw vegetable platters. The purple fades in cooking, however. Purple broccoli can also be used decoratively; several heads together make a dramatic center piece for a buffet table.

Nutritional Benefit

A true guardian of good health, broccoli is regarded as one of the most nutritious vegetables you can eat. It contains large amounts of vitamin C and beta carotene which are important antioxidants. It is also a good source of potassium and vitamin A. It is low in calories.

In the United States, broccoli has become the most flavored cruciferous vegetable. Cruciferous vegetables include cauliflower, Brussels Sprouts, and all forms of cabbage.

Researchers have concluded that broccoli and other cruciferous vegetables should be included in the diet several times a week. Consuming foods high in antioxidants can reduce the risk of some forms of cancer and heart disease.

Selection

Broccoli is available all year, but is most abundant in mid-fall through the winter.

Look for:

- Firm, tightly bunched florets
- Florets should be dark green, sage green or even greenish purple
- Stems should be bright green and not too thick or too tough.

Avoid:

- Open buds or yellow flowers – this is a sign of old age and a toughness that cannot be overcome with longer cooking
- Wilted or limp broccoli
- Soft, slippery, water-soaked spots on buds



One half cup of cooked broccoli contains the following nutrients.

| | |
|---------------|--------|
| Calories | 23 |
| Dietary fiber | 2.4 |
| Protein | 2.3 |
| Carbohydrates | 4.3 |
| Vitamin C | 149 mg |
| Calcium | 89 mg |
| Iron | 0.9 mg |

Storage

Store unwashed broccoli in a plastic bag. Keep in the vegetable crisper or the refrigerator up to 4 days. Cooked leftovers may be refrigerated for 2-3 days in a tightly covered container. Old broccoli may look fine, but it develops strong undesirable flavors when stored too long.

Broccoli left unrefrigerated quickly becomes fibrous and woody. Wet broccoli quickly becomes limp and moldy in the refrigerator, so wash it just before using.

Preparation

Wash broccoli well under cool running water. Never allow it to sit in water as it will lose water soluble nutrients. Peel tough skin from stalks with a swivel-bladed peeler or sharp paring knife, if desired. If cooking long spears with florets attached, slice spears lengthwise as far up as the florets. Also wash and cook with leaves, which are full of vitamins and good flavor. Add them to soups or stir-fries.

Basic Cooking

- Use broccoli florets raw or briefly blanched in a large pot of lightly salted boiling water for snacks or party trays with dip.
- As a side dish, blanch, steam, or sauté or stir-fry florets and chopped-up stems and leaves with a little added liquid for just 3-5 minutes.
- Short cooking time brings out the best flavor and color and helps prevent broccoli's valuable vitamins from leaching out into the cooking water. It also prevents the breakdown of chemicals in broccoli that can release strong-smelling sulfur compounds that smell like rotten eggs. This may explain why you didn't like broccoli as a child, when vegetables were cooked much longer. Cooked broccoli should be bright green and tender crisp. Overcooked broccoli turns dark green and suffers nutrient loss, especially vitamin C.



- **Boiling:** Boiling creates a mild taste. Boiling can cause a loss of vitamin C and other nutrients. When boiling, bring the water to a rapid boil before adding the broccoli. Cooking time is 5-7 minutes.
- **Stir-frying:** Stir-fry broccoli for two minutes. Add a little broth or water. Cover the pan. Let the broccoli steam until tender-crisp. Cooking time is 4-5 minutes.
- **Steaming:** Steaming preserves the most nutrients. Steaming also keeps the florets from breaking apart. Steam broccoli for 1-2 minutes. Then uncover the pot for 10-15 seconds. Uncovering the pot lets the gases escape.
- **Microwaving:** In a microwave safe-dish, arrange one pound of broccoli in a wheel-spoke fashion. The florets should point toward the center. Add ¼ cup water and cover. Rotate the container halfway through the cooking time. Total cooking time is 6-10 minutes.

Ways to use Broccoli in Recipes

- Raw broccoli is a favorite on raw vegetable platters or in salads.
- Broccoli florets can be sautéed with garlic and olive oil, added at the beginning of a vegetable stir-fry, or steamed and topped with cheese sauce, white sauce, or a low-calorie squeeze of fresh lemon juice, salt and pepper.
- Sautéed broccoli florets can be used as a healthy pizza topping and as a delicious addition to cheese based quiche or omelets.
- Broccoli stems and leaves can be cooked in chicken broth as the base for a cream of broccoli soup: Puree the cooked broccoli, add milk or cream, and season to taste with salt, pepper, and a little dried oregano.
- Broccoli stalks, which many people throw away, are actually tender and tasty parts of the plant that can be put to good use in the kitchen. Trim off the end, peel the stalk if you like, and cut into thin coins or small sticks. You can blanch, steam, or stir-fry broccoli stems, or shred and serve them raw in salad or slaw.
- Puree cooked broccoli with a little chicken broth, some milk or fat-free half-and-half, a pinch of marjoram, some salt and cayenne pepper to make quick and nourishing cream soup.
- Herbs and spices that enhance the flavor of broccoli include basil, dill, garlic, lemon balm, marjoram, oregano, tarragon and thyme.



Veggie Tortilla Pinwheels

- | | | | | | |
|-----|-----------|------------------------------------|-----|-------|--|
| 1 | package | (8 ounces) cream cheese, softened | 1/4 | cup | chopped green onions |
| 4 | teaspoons | ranch salad dressing mix | 1/4 | cup | sliced pimiento-stuffed olives |
| 1 | package | (2 1/4 ounces) dried beef, chopped | 5 | flour | tortillas (8 inches), room temperature |
| 1/2 | cup | chopped fresh broccoli | | | Salsa, optional |
| 1/2 | cup | chopped fresh cauliflower | | | |

- 1 In a large bowl, beat the cream cheese and salad dressing mix until blended. Stir in the beef, broccoli, cauliflower, onions and olives.
- 2 Spread over tortillas; roll up tightly and wrap in plastic wrap. Refrigerate for at least 2 hours.
- 3 Unwrap and cut into 1/2 inch slices. Serve with salsa if desired. Yield: about 5 dozen.

Servings: 20

Cooking Times

Preparation Time: 15 minutes

Total Time: 15 minutes

Nutrition Facts

Serving size: 1/20 of a recipe.

Percent daily values based on the Reference Daily Intake (RDI) for a 2000 calorie diet.

Nutrition information provided by the recipe author.

| Amount Per Serving | |
|-------------------------------|---------------|
| Calories | 94 |
| | % Daily Value |
| Total Fat 5g | 8% |
| Cholesterol 14mg | 5% |
| Sodium 527mg | 22% |
| Total Carbohydrates 9g | 3% |
| Protein 3g | 6% |

Source

Source: Taste of Home

Almond Vegetable Stir-Fry

- | | | | | | |
|---|-------------|--------------------------|-----|-------------|---|
| 1 | teaspoon | cornstarch | 2 | tablespoons | canola oil |
| 1 | teaspoon | sugar | 1 | large | sweet red pepper, cut into 1- inch chunks |
| 3 | tablespoons | cold water | 1 | small | onion, cut into thin wedges |
| 2 | tablespoons | reduced-sodium soy sauce | 2 | cloves | Garlic, minced |
| 1 | teaspoon | sesame oil | 1 | tablespoon | minced fresh gingerroot |
| 4 | cups | fresh broccoli florets | 1/4 | cup | slivered almonds, toasted |

- 1 In a small bowl, combine the cornstarch and sugar. Stir in the water, soy sauce and sesame oil until smooth; set aside.
- 2 In a large nonstick wok or skillet, stir-fry broccoli in hot oil for 3 minutes. Add the pepper, onion, garlic and ginger; stir-fry for 2 minutes. Reduce heat; stir the soy sauce mixture. Stir into vegetables along with nuts. Cook and stir for 2 minutes or until thickened.
- 3 Yield: 5 servings

Servings: 5

Cooking Times

Preparation Time: 20 minutes

Total Time: 20 minutes

Nutrition Facts

Serving size: 1/5 of a recipe.

Percent daily values based on the Reference Daily Intake (RDI) for a 2000 calorie diet.

Nutrition information provided by the recipe author.

| Amount Per Serving | |
|--------------------------------|---------------|
| Calories | 143 |
| | % Daily Value |
| Total Fat 10g | 15% |
| Sodium 260mg | 11% |
| Total Carbohydrates 11g | 4% |
| Fiber 3g | 12% |
| Protein 4g | 8% |

Source

Source: Taste of Home

Broccoli & Cheese Soup

- | | | | |
|-----------|------------------------------------|---------------|---------------------------------|
| 1 can | Chicken broth (14 oz.) | 2 tablespoons | all-purpose flour |
| 1 package | frozen chopped broccoli (12 ounce) | 8 slices | Deli American cheese, quartered |
| 1 cup | Fat free Half & Half | | |

- 1 Place chicken broth and broccoli in 2-quart saucepan. Cook over medium-high heat until mixture comes to a boil (8 to 10 minutes). Reduce heat to medium. Cook until broccoli is tender (4 to 6 minutes).
- 2 Stir together half & half and flour in small bowl until smooth. Slowly add flour mixture to soup, stirring constantly. Continue cooking, stirring occasionally, until mixture comes to a full boil (2 to 3 minutes). Boil 1 minute. Reduce heat to low. Stir in cheese until melted (3 to 4 minutes).

Servings: 4

Cooking Times

Preparation Time: 5 minutes

Total Time: 25 minutes

Nutrition Facts

Serving size: 1/4 of a recipe.

Percent daily values based on the Reference Daily Intake (RDI) for a 2000 calorie diet.

Nutrition information provided by the recipe author.

| Amount Per Serving | |
|--------------------------------|---------------|
| Calories | 230 |
| | % Daily Value |
| Total Fat 14g | 22% |
| Cholesterol 40mg | 13% |
| Sodium 1110mg | 46% |
| Total Carbohydrates 11g | 4% |
| Fiber 2g | 8% |
| Protein 15g | 30% |

Source

Source: Land O'Lakes

Broccoli Beef Supper

- 4 cups frozen cottage fries
- 1 pound ground beef
- 3 cups frozen chopped broccoli, thawed
- 1 can (2.8 ounces) french-fried onions, divided
- 1 medium tomato, chopped
- 1 can (10 3/4 ounces) condensed cream of celery soup, undiluted
- 1 cup shredded cheddar cheese, divided
- 1/2 cup milk
- 1/4 teaspoon garlic powder
- 1/4 teaspoon pepper

- 1 Line bottom and sides of a greased 13x9 inch baking dish with cottage fries. Bake, uncovered, at 40° for 10 minutes.
- 2 Meanwhile, in a large skillet, cook beef over medium heat until no longer pink; drain. Layer the beef, broccoli, half of the onions and the tomato over fries. In a small bowl, combine the soup, 1/2 cup cheese, milk, garlic powder and pepper; pour over top.
- 3 Cover and bake at 400° for 20 minutes. Uncover; s sprinkle with remaining cheese and onions. Bake 2 minutes longer or until cheese is melted. Yield: 8 servings.

Servings: 8

Cooking Times

Preparation Time: 15 minutes
 Cooking Time: 35 minutes
 Total Time: 50 minutes

Nutrition Facts

Serving size: 1/8 of a recipe.

Percent daily values based on the Reference Daily Intake (RDI) for a 2000 calorie diet.

Nutrition information provided by the recipe author.

| Amount Per Serving | |
|--------------------------------|---------------|
| Calories | 420 |
| | % Daily Value |
| Total Fat 22g | 34% |
| Cholesterol 46mg | 15% |
| Sodium 529mg | 22% |
| Total Carbohydrates 40g | 13% |
| Fiber 3g | 12% |
| Protein 18g | 36% |

Source

Source: Taste of Home

Broccoli Casserole

- 2 packages (16 ounces each) frozen broccoli florets
- 1 can (10 3/4-oz) can condensed cream of mushroom soup
- 1 cup (8 ounces) sour cream
- 1 1/2 cups (6 ounces) shredded sharp cheddar cheese, divided
- 1 can (6 ounces) french-fried onions, divided

- 1 Cook broccoli according to package directions; drain well. In a large saucepan, combine the soup, sour cream, 1 cup cheese and 1 1/4 cups onions. Cook over medium heat for 4-5 minutes or until heated through. Stir in the broccoli.
- 2 Pour into a greased 2-qt. baking dish. Bake, uncovered, at 325° for 25-30 minutes or until bubbly. S sprinkle with the remaining cheese and onions. Bake 10-15 minutes longer or until cheese is melted. Yield: 6-8 servings.

Servings: 6

Cooking Times

Preparation Time: 20 minutes
Cooking Time: 35 minutes
Total Time: 55 minutes

Nutrition Facts

Serving size: 1/6 of a recipe.
Percent daily values based on the Reference Daily Intake (RDI) for a 2000 calorie diet.
Nutrition information provided by the recipe author.

| Amount Per Serving | |
|--------------------------------|---------------|
| Calories | 319 |
| | % Daily Value |
| Total Fat 23g | 35% |
| Cholesterol 44mg | 15% |
| Sodium 605mg | 25% |
| Total Carbohydrates 17g | 6% |
| Fiber 2g | 8% |
| Protein 7g | 14% |

Source

Source: Taste of Home

Broccoli Ham Quiche

| | | | |
|---------------|---|---------------|--------------------------|
| 1 | unbaked deep-dish pastry shell (9 inches) | 1 1/2 cups | milk |
| 1/2 cup | chopped fresh broccoli | 2 tablespoons | chopped green onion tops |
| 1 cup | water | 1/4 teaspoon | salt |
| 1 cup | shredded Swiss cheese | 1/8 teaspoon | pepper |
| 1 cup | shredded part-skim mozzarella cheese | 1/8 teaspoon | dried thyme |
| 2 tablespoons | all-purpose flour | 1/8 teaspoon | dried rosemary, crushed |
| 4 | Eggs, slightly beaten | 1/2 cup | diced fully cooked ham |

- 1 Line unpricked pastry shell with a double thickness of heavy-duty foil. Bake at 450° for 8 minutes. Remove foil; bake 5 minutes longer. Cool on a wire rack.
- 2 Meanwhile, place broccoli in a small saucepan; add water and bring to a boil. Reduce heat; cover and cook for 2 minutes. Drain and immediately place broccoli in ice water. Drain and pat dry with paper towels.
- 3 Toss cheeses with flour; set aside. In a large bowl, combine the eggs, milk, onion and seasonings. Stir in the ham, broccoli and cheese mixture. Pour into prepared crust.
- 4 Bake at 350° for 40-45 minutes or until a knife inserted near the center comes out clean. Let stand for 10 minutes before cutting. Yield: 6-8 servings.

Servings: 6

Cooking Times

Preparation Time: 20 minutes
Cooking Time: 40 minutes
Total Time: 1 hour

Nutrition Facts

Serving size: 1/6 of a recipe.
Percent daily values based on the Reference Daily Intake (RDI) for a 2000 calorie diet.
Nutrition information provided by the recipe author.

| Amount Per Serving | |
|----------------------|---------------|
| Calories | 269 |
| | % Daily Value |
| Total Fat 17g | 26% |

| | |
|--------------------------------|------------|
| Saturated Fat 7g | 35% |
| Cholesterol 140mg | 47% |
| Sodium 408mg | 17% |
| Total Carbohydrates 16g | 5% |
| Protein 14g | 28% |

Source

Source: Taste of Home

Broccoli Scalloped Potatoes

| | | | | | |
|-----|-------------|-----------------------|-------|--------|--|
| 2 | tablespoons | chopped onion | 2 1/2 | cups | milk |
| 4 | | garlic cloves, minced | 2 | cups | Shredded Swiss cheese, divided |
| 1/4 | cup | butter, cubed | 2 | pounds | medium potatoes, peeled and thinly sliced |
| 5 | tablespoons | all-purpose flour | 2 | cups | julienned fully cooked ham |
| 1/4 | teaspoon | white pepper | 2 | cups | frozen broccoli florets, thawed and patted dry |
| 1/8 | teaspoon | salt | | | |

- 1 In a large skillet, sauté onion and garlic in butter for 3-4 minutes or until crisp-tender. Stir in the flour, pepper and salt until blended. Gradually stir in milk. Bring to a boil; cook and stir for 2 minutes or until thickened. Stir in 1 cup of cheese. Reduce heat; cook for 1-2 minutes or until cheese is melted (sauce will be thick).
- 2 Remove from the heat; gently stir in the potatoes, ham and broccoli. Transfer to a greased 13x9 inch baking dish.
- 3 Cover and bake at 350° for 40 minutes. Sprinkle with remaining cheese. Bake, uncovered, 20-25 minutes longer or until potatoes are tender and cheese is melted. Yield: 8 serving.

Servings: 8

Cooking Times

Preparation Time: 20 minutes
 Cooking Time: 1 hour
 Total Time: 1 hour and 20 minutes

Nutrition Facts

Serving size: 1/8 of a recipe.
 Percent daily values based on the Reference Daily Intake (RDI) for a 2000 calorie diet.
 Nutrition information provided by the recipe author.

| Amount Per Serving | |
|--------------------------------|---------------|
| Calories | 309 |
| | % Daily Value |
| Total Fat 17g | 26% |
| Saturated Fat 10g | 50% |
| Cholesterol 61mg | 20% |
| Sodium 626mg | 26% |
| Total Carbohydrates 23g | 8% |
| Fiber 2g | 8% |
| Protein 17g | 34% |

Source

Source: Taste of Home

Broccoli Strawberry Salad

| | | | |
|---------------|---|------------|-------------------------------|
| 8 cups | fresh broccoli florets | 1 teaspoon | cider vinegar |
| 8 ounces | Colby-Monterey Jack cheese, cut into 1/2 inch cubes | 2 cups | fresh strawberries, quartered |
| 1 cup | mayonnaise | 1/4 cup | sliced almonds, toasted |
| 2 tablespoons | sugar | | |

In a large bowl, combine broccoli and cheese. In a small bowl, whisk the mayonnaise, sugar and vinegar. Pour over broccoli mixture and toss to coat. Gently stir in strawberries; sprinkle with almonds. Yield 10 servings.

Servings: 10

Cooking Times

Preparation Time: 20 minutes

Total Time: 20 minutes

Nutrition Facts

Serving size: 1/10 of a recipe.

Percent daily values based on the Reference Daily Intake (RDI) for a 2000 calorie diet.

Nutrition information provided by the recipe author.

| Amount Per Serving | |
|-------------------------------|---------------|
| Calories | 297 |
| | % Daily Value |
| Total Fat 26g | 40% |
| Cholesterol 30mg | 10% |
| Sodium 273mg | 11% |
| Total Carbohydrates 9g | 3% |
| Fiber 3g | 12% |
| Protein 8g | 16% |

Source

Source: Taste of Home

Broccoli Turkey Casserole

| | | | |
|-----------|---------------------------------|---------|---|
| 1/4 cup | chopped onion | 1 can | (10 3/4 ounces) condensed cream of mushroom soup, undiluted |
| 1/4 cup | chopped celery | | |
| 1/4 cup | butter, cubed | 1 can | (10 3/4 ounces) condensed cream of chicken soup, undiluted |
| 4 cups | cubed cooked turkey breast | | |
| 1 package | frozen broccoli florets, thawed | 1 cup | cooked rice |
| | | 1/2 cup | shredded part-skim mozzarella cheese |
| | | 1 can | (2.8 ounces) french-fried onions |

1 In a large skillet, sauté onion and celery in butter until tender. Stir in the turkey, broccoli, soups and rice; transfer to a greased shallow 2 1/2 qt. baking dish.

2 Bake, uncovered, at 350° for 25-30 minutes or until bubbly. Sprinkle with cheese and french-fried onions; bake 5 minutes longer or until cheese is melted. Yield: 8 servings.

Servings: 8

Cooking Times

Preparation Time: 20 minutes

Cooking Time: 25 minutes

Total Time: 45 minutes

Nutrition Facts

Serving size: 1/8 of a recipe.

| Amount Per Serving | |
|--------------------|--|
|--------------------|--|

Percent daily values based on the Reference Daily Intake (RDI) for a 2000 calorie diet.

Nutrition information provided by the recipe author.

| | Calories | 344 |
|--------------------------------|----------|---------------|
| | | % Daily Value |
| Total Fat 17g | | 26% |
| Cholesterol 84mg | | 28% |
| Sodium 758mg | | 32% |
| Total Carbohydrates 20g | | 7% |
| Fiber 2g | | 8% |
| Protein 26g | | 52% |

Source

Source: Taste of Home

Broccoli Wild Rice Soup

| | | |
|---|-------------|--|
| 1 6 ounce package chicken and wild rice mix | 2 teaspoons | dried minced onion |
| 5 cups water | 1 can | condensed cream of chicken soup, undiluted |
| 3 cups frozen chopped broccoli, thawed | 1 package | (8 oz) package cream cheese, cubed |
| 1 medium carrot, shredded | 1/4 cup | slivered almonds, optional |

In a large saucepan, combine the rice, contents of seasoning packet and water; bring to a boil. Reduce heat; cover and simmer for 10 minutes, stirring once. Stir in the broccoli, carrot and onion, Cover and simmer for 5 minutes. Stir in soup and cream cheese. Cook and stir until cheese is melted. Stir in almonds if desired. Yield: 8 servings (about 2 quarts).

Servings: 8

Cooking Times

Preparation Time: 30 minutes

Total Time: 30 minutes

Nutrition Facts

Serving size: 1/8 of a recipe.

Percent daily values based on the Reference Daily Intake (RDI) for a 2000 calorie diet.

Nutrition information provided by the recipe author.

| Amount Per Serving | |
|--------------------------------|---------------|
| Calories | 178 |
| | % Daily Value |
| Total Fat 6g | 9% |
| Cholesterol 19mg | 6% |
| Sodium 582mg | 24% |
| Total Carbohydrates 25g | 8% |
| Fiber 2g | 8% |
| Protein 7g | 14% |

Source

Source: Taste of Home

Broccoli-Chicken Chowder

| | | | |
|---------------|--|------------|--|
| 2 cups | frozen broccoli florets | 1/4 cup | all-purpose flour |
| 2 tablespoons | butter or margarine | 1 1/2 cups | milk |
| 1/2 cup | sliced celery | 1 can | condensed chicken broth |
| 1/2 cup | chopped carrots | 2 cups | diced cooked chicken |
| 1 medium | onion chopped | 1 cup | shredded American or Cheddar cheese (4 oz) |
| 1 teaspoon | chopped fresh thyme or 1/4 teaspoon dried thyme leaves | | |

- 1 Cook broccoli as directed on package. Drain.
- 2 Meanwhile, in 4-quart saucepan, melt butter over medium heat. Add celery, carrot, onion and thyme; cook 5 to 7 minutes, stirring occasionally, until vegetables are crisp-tender.
- 3 Stir in flour until well blended. Add milk and broth; cook until mixture boils and thickens, stirring constantly.
- 4 Stir in chicken and cooked broccoli; simmer about 5 minutes, stirring occasionally, until hot. Add cheese; stir until melted.

Servings: 4

Cooking Times

Preparation Time: 30 minutes

Total Time: 30 minutes

Nutrition Facts

Serving size: 1/4 of a recipe.

Percent daily values based on the Reference Daily Intake (RDI) for a 2000 calorie diet.

Nutrition information provided by the recipe author.

| Amount Per Serving | |
|--------------------------------|---------------|
| Calories | 400 |
| | % Daily Value |
| Total Fat 22g | 34% |
| Saturated Fat 9g | 45% |
| Cholesterol 95mg | 32% |
| Sodium 840mg | 35% |
| Total Carbohydrates 17g | 6% |
| Fiber 2g | 8% |
| Sugar 8g | |
| Protein 33g | 66% |

Source

Source: Betty Crocker

Cheesy Broccoli-Rice Bake

- | | | | |
|--------------|--|--------------|-----------------------------|
| 1 cup | uncooked regular long-grain white rice | 2/3 cup | milk |
| 2 cups | water | 1/4 teaspoon | pepper, if desired |
| 1 tablespoon | butter or margarine | 2 cups | fresh broccoli florets |
| 1 large | onion, chopped | 1 cup | fine soft bread crumbs |
| 1 loaf | (16 oz) prepared cheese product, cut into cubes | 1 tablespoon | butter or margarine, melted |
| 1 can | (10 3/4-oz) can condensed cream of mushroom soup | | |

- 1 Heat oven to 350°. Spray 13x9 inch glass baking dish with cooking spray. Cook rice in water as directed on package.
- 2 Meanwhile, in 10-inch skillet, melt 1 tablespoon butter over medium-high heat. Add onion; cook, stirring occasionally, until crisp-tender. Reduce heat to medium. Stir in cheese, soup, milk and pepper. Cook, stirring frequently, until cheese is melted.
- 3 Stir in broccoli and rice. Spoon into baking dish. In small bowl, mix bread crumbs and 1 tablespoon melted butter; sprinkle over rice mixture.
- 4 Bake uncovered 30 to 35 minutes or until light brown on top and bubbly around edges.

Servings: 8

Cooking Times

Preparation Time: 15 minutes

Cooking Time: 35 minutes

Total Time: 50 minutes

Nutrition Facts

Serving size: 1/8 of a recipe.

Percent daily values based on the Reference Daily Intake (RDI) for a 2000 calorie diet.

Nutrition information provided by the recipe author.

| Amount Per Serving | |
|--------------------------------|---------------|
| Calories | 410 |
| | % Daily Value |
| Total Fat 22g | 34% |
| Saturated Fat 12g | 60% |
| Cholesterol 65mg | 22% |
| Sodium 1510mg | 63% |
| Total Carbohydrates 38g | 13% |
| Fiber 2g | 8% |
| Protein 15g | 30% |

Source

Source: Betty Crocker

Chicken and Broccoli Stir-Fry

| | | | |
|---------------|--|-------------|----------------------------------|
| 1 pound | boneless skinless chicken breast, cut into 1-inch pieces | 2 teaspoons | sugar |
| 2 garlic | cloves, finely chopped | 2 cups | broccoli flowerets |
| 2 teaspoons | finely chopped gingerroot | 1 cup | sliced fresh mushrooms |
| 1 medium | onion, cut into thin wedges | 1/2 cup | diced red bell pepper |
| 1 cup | baby-cut carrot, cut lengthwise in half | 2 teaspoons | cornstarch |
| 1 cup | chicken broth | 1 cup | hot cooked Chinese plain noodles |
| 3 tablespoons | soy sauce | | |

- 1 Spray 12-inch nonstick skillet with cooking spray; heat over medium-high heat. Add chicken, garlic and gingerroot; stir-fry 2-3 minutes or until chicken is brown.
- 2 Add onion, carrots, 3/4 cup of the broth, the soy sauce and sugar. Cover and cook over medium heat 5 minutes, stirring twice.
- 3 Add broccoli, mushrooms and bell pepper. Cover and cook about 5 minutes, stirring occasionally, until chicken is no longer pink in center and vegetables are crisp-tender.
- 4 Mix cornstarch with remaining 1/4 cup broth; stir into chicken mixture. Cook, stirring frequently, until sauce is thickened. Serve over noodles.

Servings: 4

Cooking Times

Preparation Time: 15 minutes

Cooking Time: 13 minutes

Total Time: 28 minutes

Nutrition Facts

Serving size: 1/4 of a recipe.

Percent daily values based on the Reference Daily Intake (RDI) for a 2000 calorie diet.

Nutrition information provided by the recipe author.

| Amount Per Serving | |
|--------------------------------|---------------|
| Calories | 260 |
| | % Daily Value |
| Total Fat 5g | 8% |
| Saturated Fat 1g | 5% |
| Cholesterol 70mg | 23% |
| Sodium 1030mg | 43% |
| Total Carbohydrates 27g | 9% |
| Fiber 4g | 16% |
| Protein 31g | 62% |

Source

Source: Betty Crocker.

Chicken Stuffing Bake

- 1 can (10 3/4 ounces) condensed cream of mushroom soup, undiluted
- 1 cup milk
- 1 package (6 ounces) stuffing mix
- 2 cups cubed cooked chicken breast
- 2 cups fresh broccoli florets, cooked
- 2 cups celery ribs, finely chopped
- 1 1/2 cups shredded Swiss cheese, divided

- 1 In a large bowl, combine soup and milk until blended. Add the stuffing mix with contents of seasoning packet, chicken, broccoli, celery and 1 cup cheese. Transfer to a greased 13x9 inch baking dish.
- 2 Bake, uncovered, at 375° for 20 minutes or until heated through. Sprinkle with remaining cheese; bake 5 minutes longer or until cheese is melted. Yield: 8 servings.

Servings: 8

Cooking Times

Preparation Time: 20 minutes
 Cooking Time: 25 minutes
 Total Time: 45 minutes

Nutrition Facts

Serving size: 1/8 of a recipe.
 Percent daily values based on the Reference Daily Intake (RDI) for a 2000 calorie diet.
 Nutrition information provided by the recipe author.

| Amount Per Serving | |
|--------------------------------|---------------|
| Calories | 247 |
| | % Daily Value |
| Total Fat 7g | 11% |
| Saturated Fat 4g | 20% |
| Cholesterol 42mg | 14% |
| Sodium 658mg | 27% |
| Total Carbohydrates 24g | 8% |
| Fiber 3g | 12% |
| Protein 22g | 44% |

Source

Source: Taste of Home

Christmas Crunch Salad

- | | | | |
|--------------------|-------------------------|-----------------|--------------------------|
| Ingredients | | 1 cup | mayonnaise |
| 4 cups | fresh broccoli florets | 1/2 cup | sour cream |
| 4 cups | fresh cauliflowerets | 1-2 tablespoons | sugar |
| 1 medium | red onion, chopped | 1 tablespoon | vinegar |
| 2 cups | cherry tomatoes, halved | | salt and pepper to taste |
| Dressing | | | |

In a large salad bowl, combine vegetables. Whisk the dressing ingredients until smooth; pour over vegetables and toss to coat. Cover and chill for at least 2 hours. Yield: 16-18 servings.

Servings: 18

Cooking Times

Preparation Time: 15 minutes
 Total Time: 15 minutes

Nutrition Facts

Serving size: 1/18 of a recipe.

Percent daily values based on the Reference Daily Intake (RDI) for a 2000 calorie diet.

Nutrition information provided by the recipe author.

| Amount Per Serving | |
|-------------------------------|---------------|
| Calories | 121 |
| | % Daily Value |
| Total Fat 11g | 17% |
| Cholesterol 9mg | 3% |
| Sodium 83mg | 3% |
| Total Carbohydrates 4g | 1% |
| Fiber 1g | 4% |
| Protein 1g | 2% |

Source

Source: Taste of Home

Corn State Broccoli Bake

- 1 package (8 ounces) Chicken in a Biskit crackers, crushed
1/2 cup butter, melted
3 cups frozen chopped broccoli, thawed
1 can (15.25 oz's) whole kernel corn, drained
1 can (14 3/4 oz's) cream-style corn

Combine cracker crumbs and butter; reserve 1/2 cup for topping. In a bowl, combine broccoli, both cans of corn and remaining crumbs. Transfer to a greased 2-qt baking dish. Sprinkle with reserved crumb mixture. Bake, uncovered, at 375° for 25-30 minutes or until lightly browned.

Servings: 6

Cooking Times

Preparation Time: 10 minutes

Cooking Time: 25 minutes

Total Time: 35 minutes

Nutrition Facts

Serving size: 1/6 of a recipe.

Percent daily values based on the Reference Daily Intake (RDI) for a 2000 calorie diet.

Nutrition information provided by the recipe author.

| Amount Per Serving | |
|--------------------------------|---------------|
| Calories | 342 |
| | % Daily Value |
| Total Fat 20g | 31% |
| Saturated Fat 8g | 40% |
| Cholesterol 31mg | 10% |
| Sodium 676mg | 28% |
| Total Carbohydrates 34g | 11% |
| Fiber 3g | 12% |
| Protein 5g | 10% |

Source

Source: Taste of Home

Ham & Broccoli Alfredo Pizza

| | | | |
|----------|-------------------------------------|--------------|---------------------|
| 6 ounces | sliced Provolone cheese | 1 tablespoon | Dijon-style mustard |
| 1 14 oz. | round pre-baked Italian pizza crust | 1 cup | chopped cooked ham |
| 1/2 cup | refrigerated Alfredo sauce | 1 cup | chopped broccoli |

- 1 Heat oven to 450°. Stack cheese slices. Cut into thin strips; coarsely chop.
- 2 Place pizza crust onto large ungreased baking sheet.
- 3 Combine Alfredo sauce and mustard in small bowl. Spread over pizza crust. Layer with 3/4 cup cheese, ham, broccoli and remaining cheese.
- 4 Bake for 10 to 12 minutes or until cheese is light golden brown. Cut into 8 wedges.

Servings: 4

Cooking Times

Preparation Time: 15 minutes

Cooking Time: 10 minutes

Total Time: 25 minutes

Nutrition Facts

Serving size: 1/4 of a recipe.

Percent daily values based on the Reference Daily Intake (RDI) for a 2000 calorie diet.

Nutrition information provided by the recipe author.

| Amount Per Serving | |
|--------------------------------|------------|
| Calories | 570 |
| % Daily Value | |
| Total Fat 25g | 38% |
| Cholesterol 60mg | 20% |
| Sodium 1450mg | 60% |
| Total Carbohydrates 51g | 17% |
| Fiber 3g | 12% |
| Protein 30g | 60% |

Source

Source: Land O'Lakes

Marinated Beef & Broccoli Supper

| | | | | |
|--------------|--------------------------------|-----|----------|--|
| 1 | half stick of butter (1/4 cup) | 1 | teaspoon | finely chopped fresh gingerroot |
| 3 cups | fresh broccoli florets | 1/4 | teaspoon | salt |
| 1 medium | onion, thinly sliced | 1/4 | teaspoon | pepper |
| 1 tablespoon | lemon juice | 1 | pound | beef sirloin steak, cut into 3x1/2 inch strips |
| 1 tablespoon | Worcestershire sauce | 2 | medium | tomatoes, cut into 1-inch pieces |
| 1 teaspoon | purchased minced garlic | | | Hot cooked rice |

- 1 Melt butter in 10 inch skillet until sizzling; add broccoli and onion. Cook over medium heat, stirring occasionally, until crisply tender (5 to 6 minutes).
- 2 Meanwhile, stir together all remaining ingredients except sirloin strips, tomatoes and rice in medium bowl. Add meat; let stand 5 minutes.
- 3 Add meat and marinade to broccoli mixture. Continue cooking, stirring occasionally, until meat is browned (6 to 8 minutes). Stir in tomatoes. Cover; let stand 1 minute or until heated through.
- 4 Serve meat and broccoli mixture over rice.
- 5 To reheat leftovers: Place mixture in microwave-safe bowl; cover loosely. Microwave on high for 3 to 5 minutes or until heated through.

Servings: 4

Cooking Times

Preparation Time: 15 minutes
 Cooking Time: 15 minutes
 Total Time: 30 minutes

Nutrition Facts

Serving size: 1/4 of a recipe.
 Percent daily values based on the Reference Daily Intake (RDI) for a 2000 calorie diet.
 Nutrition information provided by the recipe author.

| Amount Per Serving | |
|--------------------------------|---------------|
| Calories | 290 |
| | % Daily Value |
| Total Fat 17g | 26% |
| Cholesterol 100mg | 33% |
| Sodium 370mg | 15% |
| Total Carbohydrates 10g | 3% |
| Fiber 1g | 4% |
| Protein 26g | 52% |

Source

Source: Land O'Lakes

Nutty Broccoli Slaw

- | | | | | | |
|-------|---------|--|-----|-----|----------------------------|
| 1 | package | (3 ounces) chicken ramen noodles | 1 | cup | sunflower kernels, toasted |
| 1 | package | (16 ounces) broccoli coleslaw mix | 1/2 | cup | slivered almonds, toasted |
| 2 | cups | sliced green onions, (about 2 bunches) | 1/2 | cup | sugar |
| 1 1/2 | cups | broccoli florets | 1/2 | cup | cider vinegar |
| 1 | can | (6 ounces) ripe olives, drained and halved | 1/2 | cup | olive oil |

- Set aside the noodle seasoning packet; crush the noodles and place in a large bowl. Add the slaw mix, onions, broccoli, olives, sunflower kernels and almonds.
- In a jar with a tight-fitting lid, combine the sugar, vinegar, oil and contents of seasoning packet; shake well. Drizzle over salad and toss to coat. Serve immediately. Yield: 16 servings.

Servings: 16

Cooking Times

Preparation Time: 15 minutes
 Total Time: 15 minutes

Nutrition Facts

Serving size: 1/16 of a recipe.
 Percent daily values based on the Reference Daily Intake (RDI) for a 2000 calorie diet.
 Nutrition information provided by the recipe author.

| Amount Per Serving | |
|--------------------------------|---------------|
| Calories | 206 |
| | % Daily Value |
| Total Fat 15g | 23% |
| Sodium 248mg | 10% |
| Total Carbohydrates 16g | 5% |
| Fiber 3g | 12% |
| Protein 4g | 8% |

Source

Source: Taste of Home

Ranch Pasta Salad

3 cups uncooked tricolor spiral pasta 1/2 cup seeded chopped tomato
1 cup chopped fresh broccoli florets 1 bottle (8 ounces) ranch salad dressing
3/4 cup chopped seeded peeled cucumber 1/2 cup shredded Parmesan cheese

Cook pasta according to package directions; drain and rinse in cold water. In a large bowl, combine the pasta, broccoli, cucumber and tomato. Drizzle with salad dressing; toss to coat. Sprinkle with cheese. Yield: 8 servings.

Servings: 8

Cooking Times

Preparation Time: 25 minutes

Total Time: 25 minutes

Nutrition Facts

Serving size: 1/8 of a recipe.

Percent daily values based on the Reference Daily Intake (RDI) for a 2000 calorie diet.

Nutrition information provided by the recipe author.

| Amount Per Serving | |
|--------------------------------|---------------|
| Calories | 285 |
| | % Daily Value |
| Total Fat 17g | 26% |
| Cholesterol 8mg | 3% |
| Sodium 317mg | 13% |
| Total Carbohydrates 27g | 9% |
| Fiber 1g | 4% |
| Protein 6g | 12% |

Source

Source: Taste of Home

Skillet Chicken Divan

6 ounces uncooked dried spaghetti, broken into thirds 1 1/2 cups milk
1 half stick of butter (1/4 cup) 2 tablespoons all purpose-flour
2 cups small broccoli florets 1 8-ounce package cheddar cheese, cut into cubes
1 sliced fresh mushrooms 1 9-ounce package frozen cooked chicken pieces, thawed

- 1 Cook spaghetti according to package directions. Drain. Keep warm.
- 2 Meanwhile, melt butter in 12-inch skillet until sizzling; add broccoli and mushrooms. Cook over medium heat, stirring occasionally, until vegetables are crisply tender (4 to 6 minutes). Remove vegetables from skillet.
- 3 Combine milk and flour in small bowl; stir until smooth. Add to same skillet. Cook over medium-high heat, stirring constantly, until mixture comes to a full boil (2 to 3 minutes). Boil 1 minute. Reserve 1 cup cheese. Add remaining cheese; continue cooking, stirring constantly, until cheese is melted (2 to 4 minutes).
- 4 Stir in hot cooked spaghetti, broccoli, mushrooms and chicken pieces. Cook until heated through (2 to 3 minutes). Gently stir remaining cheese into hot mixture. Continue cooking until cheese cubes just begin to melt (1 to 2 minutes).
- 5 To reheat leftovers: Place mixture in microwave-safe bowl; cover loosely. Microwave on high for 3 to 5 minutes or until heated through.

Servings: 6

Cooking Times

Preparation Time: 15 minutes

Cooking Time: 5 minutes

Total Time: 20 minutes

Nutrition Facts

Serving size: 1/6 of a recipe.

Percent daily values based on the Reference Daily Intake (RDI) for a 2000 calorie diet.

Nutrition information provided by the recipe author.

| Amount Per Serving | |
|--------------------------------|---------------|
| Calories | 450 |
| | % Daily Value |
| Total Fat 23g | 35% |
| Cholesterol 100mg | 33% |
| Sodium 390mg | 16% |
| Total Carbohydrates 29g | 10% |
| Fiber 2g | 8% |
| Protein 30g | 60% |

Source

Source: Land O'Lakes