

Broccoli

Broccoli florets and stalk can be eaten raw or cooked, and are a simple and healthy snack for kids – just add salad dressing!

- Cut through the stem close to the crown so the florets break apart. Cut florets in half for smaller mouths. Cut off bottom inch from the stalk, peel the tough outer layer, and slice into disks. Stalk takes longer to cook than florets.
- Put a couple inches of water in a saucepan, bring to boil, add broccoli and cover for 4-5 minutes. Alternately, put water and broccoli in microwave-safe dish, cover with a dinner plate, and microwave on high for 3-4 minutes. Drain water, toss with vegetable oil and herbs/spices of your choice.
- Heat small amount of oil in a frying pan, then add broccoli and sauté until bright green and tender. Serve as a side, or add to cold salad or pasta.
- Store cut and rinsed broccoli in sealed plastic container in fridge.



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