



WHAT DOES IT TASTE LIKE?

Broccoli has an earthy and peppery flavor. It is similar to the taste of Brussels sprouts.

HOW DO I PICK IT?

Choose broccoli heads with tight, green florets. Stalks should be firm. The bunch should feel somewhat heavy in your hand. Avoid broccoli that looks dried out or has brown or yellow florets and stems.

HOW DO I STORE IT?

Store whole, uncut and unwashed broccoli in the refrigerator for up to 5 days.

HOW DO I PREPARE IT?

1. Wash broccoli then let air dry or pat fully dry.
2. Slice off the florets where they meet the stem.
3. Save stems to add to broths, soups, and stir fries, or discard.
4. Slice the larger florets in half.
5. Prepare according to recipe or cooking method being used.



BROCCOLI AND CHICKPEA SALAD

Ingredients:

- 2 cups chopped broccoli
- 1 (15 ounce) can garbanzo beans (chickpeas), drained and rinsed
- 1 medium tomato, diced
- 1 green apple, cored and diced
- 3 stalks celery, diced
- 2 tablespoons lemon juice
- 2 tablespoons olive oil
- 1 tablespoon balsamic vinegar

Directions:

1. Boil a pot of water. Place broccoli in a colander over sink and pour the boiling water over it.
2. Place broccoli in a bowl. Add beans, tomato, green apple, celery, lemon juice, olive oil, and balsamic vinegar to the broccoli.
3. Toss and serve immediately or chill in refrigerator for 1 hour.

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KITCHEN TIP!

Broccoli can be prepared many ways: steamed, roasted, grilled, boiled, blanched, and even microwaved.