

FUN FACTS ABOUT BROCCOLI

Broccoli has the same name in every language.

Brussels sprouts, cabbage, kale, kohlrabi, cauliflower and collard greens are all close cousins of broccoli.

The best-known broccoli is a human being! Albert Romolo "Cubby" Broccoli is famous as the producer of the James Bond spy movies.

HISTORICAL BROCCOLI

The Romans grew and enjoyed broccoli in the first century CE. Their favorite seasonings for it were cumin, coriander seeds and chopped onion plus a few drops of oil and sun-made wine. They also liked it with creamy sauces.

When broccoli first arrived in England in the 1700's, it was called "sprout colli-flower" or "Italian asparagus."

Americans didn't pay much attention to broccoli until it was advertised on the radio in 1922. Soldiers returning from Europe after the war also brought a taste for broccoli back with them.

Source: <http://qqgiraffe.blogspot.com>, 14 August 2009.

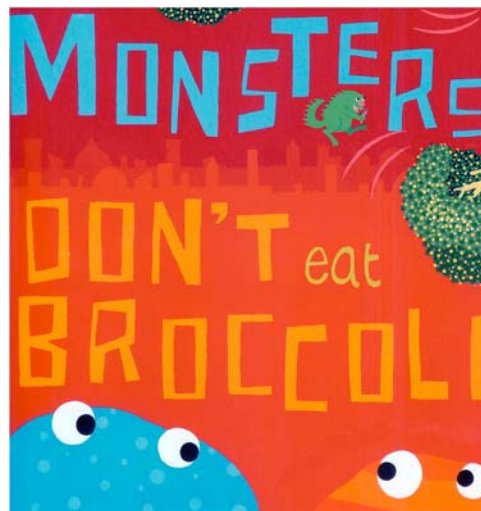
WHY BROCCOLI?

IT TASTES GREAT AND IT'S GOOD FOR YOU!

- high in vitamin C, which helps the body absorb iron, prevents the development of cataracts, and eases symptoms of the common cold.
- loads of potassium, which aids those battling high blood pressure.
- a good source of calcium, which helps combat osteoporosis.
- rich in fiber, which helps the gastrointestinal tract and reduces blood cholesterol levels.
- lots of beta-carotene, which transforms into vitamin A in the body, providing an effective antioxidant that destroys free radicals.
- has also been linked to preventing and controlling Alzheimer's disease, diabetes, cancer, heart disease, arthritis, and even the aging process!

Source: *Health Food Guide* (<http://healthfood-guide.com>)

THE OFFICIAL



BROCCOLI FAN COOKBOOK PDF EDITION

MONSTERS DON'T EAT BROCCOLI, BUT KIDS DO—WITH A LITTLE CONVINCING. (MUNCHY, CRUNCHY TREES, ANYONE?!) THANK YOU, BROCCOLI FANS, FOR SENDING ME YOUR FAVORITES!

ENJOY, Barbara Jean
www.barbarajeanhicks.com

One of the best and easiest ways to enjoy broccoli is to cut into flowerets and eat raw with a delicious homemade dip, like this recipe from Marne in Arroyo Grande, California. If you like it better tender-crisp, steam flowerets for no more than 2-3 minutes, then chill. Reduce calories with light mayo and low fat sour cream.

Ranch Spice Mix

Mix up a batch and store in an airtight container. You can use it for both dip and dressing.

1½ tablespoons dried parsley
½ tablespoon each dried onions and lemon pepper
¼ tablespoon each dried oregano, dried tarragon and garlic powder

For **Ranch Dip**, add 1 tablespoon mix to ½ cup mayonnaise and ½ cup sour cream. For **Ranch Dressing**, add 1 tablespoon mix to ½ cup mayonnaise and ½ cup buttermilk.

Here's a delicious broccoli muffin from **Susan** in Portland, Oregon. (She found it in *Southern Living Magazine*, January 2007.) Freeze for up to one month. For a quick snack, microwave in damp paper towels at HIGH for 10 to 15 seconds.

Ham-and-Broccoli Muffins

1½ cups reduced-fat all-purpose baking mix
1 cup finely chopped cooked ham or Canadian bacon
2 cups (8 ounces) shredded 2% reduced-fat Cheddar cheese
1 (10 ounce) package frozen chopped broccoli, thawed and drained
½ cup fat-free milk
1 tablespoon butter, melted
1 large egg, lightly beaten
Vegetable cooking spray

1. Combine baking mix, chopped ham, 1¾ cups shredded cheese, and broccoli in a large bowl; make a well in center of mixture.
2. Stir together fat-free milk, melted butter, and lightly beaten egg until well blended; add to broccoli-cheese mixture, stirring just until moistened. Place paper baking cups in muffin pans, and coat with cooking spray. Spoon batter into paper baking cups, filling three-fourths full. Sprinkle tops evenly with remaining ¼ cup cheese.
3. Bake at 425° for 18 minutes or until golden. Let stand 2 to 3 minutes before removing from pans. Makes 1 dozen.

Of course broccoli is wonderful in salads. Add flowerets to a mixed green salad, or try one of these recipes.

From **Petra** in Oxnard, California, by way of www.5aday.org.

Broccoli Mandarin Orange Salad (Makes six 1¼ cup servings)

5 cups broccoli flowerets
2 tablespoons almonds
2 - 11 ounce cans of mandarin orange sections, well drained
1 orange, grated peel and juice
5 green onions, chopped
3 tablespoons white vinegar
1 tablespoon sugar
2 tablespoons olive oil

1. Steam broccoli flowerets in covered saucepan for 3 minutes. Remove quickly and rinse with cold running water until broccoli is no longer warm. Place in serving bowl and chill, covered.
2. Combine almonds, drained mandarin oranges, grated peel and juice from orange, green onions, and remaining ingredients. Toss gently and allow to stand at room temperature for about 15 to 30 minutes.
3. When ready to serve, pour marinated orange mixture on chilled broccoli and toss very gently.

From **Joan** in Seattle, Washington:

Broccoli Rice Salad

1 large head of broccoli cut into flowerets and steamed for tenderness
1 cup of cooked, chilled rice (a blend with brown or wild rice makes a colorful salad)
1 cup of dried cranberries or golden raisins
1 medium red onion chopped

Dressing

1 cup of light mayonnaise (or ½ cup mayonnaise and ½ cup plain yogurt)
3-4 Tablespoons of sugar
2 Tablespoons of white cider vinegar

Mix salad ingredients in bowl.
Mix dressing ingredients in smaller bowl and stir into salad before serving.

Here's a salad with lots of color and a wonderful mix of flavors from **Enid** in Oxnard, California. This recipe can be easily varied by adding or subtracting ingredients of your choice. Be creative and enjoy the great food value and fiber the combined ingredients provide.

Broccoli Confetti Salad

1 head broccoli
1 cup brown mushrooms
½ cup canned pimentos
1 cup hard yellow cheese of your choice
½ cup whole or half walnuts
½ cup kalamata olives
¼ cup olive oil
1/8 cup vinegar
2 tablespoons teriyaki or soy sauce
Garlic powder to taste
Dash cayenne pepper flakes

Wash and drain broccoli. Cut flowerets into bite-sized pieces. Cut cheese into bite-size pieces. In large bowl combine first 6 ingredients and pour the oil, vinegar, Teriyaki or soy sauce over them. Gently toss and sprinkle with garlic powder and pepper. Refrigerate for 1 hour prior to serving.

From **Rebecca** in Bakersfield, California, by way of her sister **Nancy**, who also sometimes adds halved grape tomatoes or cranberries to the recipe:

Broccoli Bacon Salad

4 raw broccoli heads cut into small buds
1 green onion, chopped
 $\frac{1}{2}$ cup grated cheese of your choice
 $\frac{1}{4}$ cup grated parmesan
1 pound bacon broiled and cut into pieces

Dressing

$\frac{1}{2}$ cup mayo
 $\frac{1}{4}$ cup sugar
1 tablespoon vinegar

Toss first five ingredients. Dressing should be mixed and refrigerated at least 2 hours prior to serving for flavors to mix. Drizzle on dressing when ready to serve.

From **Ella** in Monrovia, California comes another Broccoli Bacon Salad:

Broccoli Bacon Salad 2

8 cups broccoli
1 pound bacon, cooked and crumbled
1 cup raisins
 $\frac{3}{4}$ cup peanuts
 $\frac{1}{2}$ cup red onions, chopped

Dressing

1 cup mayonnaise
2 tablespoons red wine vinegar
 $\frac{1}{2}$ cup sugar

Combine all salad ingredients. Mix dressing with salad and refrigerate. You can make this the night before and serve anytime the next day. When ready to serve, top with sunflower seeds and grated jack cheese if desired.

*Don't relegate broccoli to the salad bar alone. It makes a fine ingredient for main dishes, too. The delicious recipe here is adapted from one sent by **Sandra** in Bakersfield, California.*

Broccoli and Chicken Crepes

Basic Crepes

$1\frac{1}{4}$ cups flour
Pinch salt (optional)
3 eggs beaten
 $1\frac{1}{2}$ cups milk
2 tablespoons margarine

Place all ingredients in blender or mixer and beat well. Let stand for one hour. Dip crepe pan into batter and cook on range until lightly browned. Flip off crepe pan onto a plate. Continue dipping until all of the batter is used.

Broccoli and Chicken Filling

$\frac{1}{4}$ cup butter
 $\frac{1}{4}$ cup flour
2 cups milk
2 cups cooked chicken, boned and shredded
 $\frac{3}{4}$ cup each grated Monterey jack and cheddar cheese, mixed
1 pound fresh broccoli tops, thinly sliced

Melt butter over medium low heat. Stir in flour to make a creamy roux. Add milk a little at a time and heat to boiling, stirring constantly. Season with pepper and salt. Reserve $1\frac{1}{2}$ cups.

Add cheese, chicken, and broccoli to remaining sauce. Stir just enough to blend.

Fill crepes and roll up. Place 2 crepes, seam side down, on each plate. Top with reserved sauce and sprinkle with cheese mix. Serves 6.

From *Carrie* in Oxnard, California comes this easy casserole that may become a family favorite. Use light mayo and 2% cheese to reduce calories.

Simple Broccoli Casserole

1 package frozen broccoli
Mayonnaise
Shredded cheddar cheese
Crushed Ritz crackers

Mix broccoli with enough mayonnaise and cheese to hold together; top with crackers. Bake for 30 minutes at 350 degrees.

Broccolini is a younger sweeter cousin of broccoli known as tenderstem in the United Kingdom. I found this recipe in the April 2009 edition of First magazine, used sliced onions instead of chopped shallots because that's what I had in the fridge, and added sliced mushrooms. Mmm!

Tuscan Broccolini

2 bunches broccolini, trimmed
1 lemon, halved and sliced
1 shallot, peeled and chopped
1 cup halved cherry tomatoes
 $\frac{1}{2}$ cup halved pitted kalamata olives
2 tablespoons olive oil
2 tablespoons shredded Parmesan cheese

1. In saucepot over high heat, cook broccolini in 2 quarts salted boiling water 2 minutes or until crisp-tender. Drain; pat dry.
2. In skillet over medium heat cook lemon slices, shallots, tomatoes and olives in olive oil 2 minutes. Add broccolini; cook 2 minutes more.
3. Arrange broccolini mixture on serving platter. Sprinkle with Parmesan cheese. Makes 6 servings.

One of my very favorite ways to eat broccoli is in a classic French "egg pie," or quiche. This one is vegetarian, adapted from recipes found at www.southernfood.about.com and www.grouprecipes.com.

Broccoli Quiche

1 9-inch unbaked pie shell
1 (10 ounce) package frozen chopped broccoli, about 1 $\frac{1}{2}$ cups
8 ounces fresh mushrooms, thinly sliced
1 medium onion, chopped
3-4 cloves garlic, minced
1 cup milk
3 eggs, beaten
2 tablespoons olive oil
1 tablespoon flour
1 teaspoon salt
 $\frac{1}{2}$ to 1 teaspoon pepper
1 cup shredded cheddar cheese, divided

Preheat oven to 375 degrees. Bake pie crust about 10 minutes or until bottom is slightly brown. Let cool. In sauté pan, warm olive oil. Add chopped onion, garlic and mushrooms, cook until just tender (3-5 minutes).

Steam broccoli until tender; drain well and toss with salt and pepper to taste. Add broccoli to sauté pan and heat through. Remove pan from heat, set aside.

Combine milk, eggs, margarine, flour, salt, pepper and $\frac{3}{4}$ cup cheese in a bowl; whisk until well blended. Sprinkle remaining $\frac{1}{4}$ cup of cheese over crust. Top with broccoli/mushroom mixture. Pour milk and egg mixture over all. Bake at 375° for 35 to 45 minutes or until a knife inserted in center comes out clean. Makes 4 to 6 servings.

One last recipe comes from **April** in Manhattan Beach, California. Don't save latkes for Hannukah, especially when they're as green and good as these! The recipe originated at www.chooseveg.com, a great source for all kinds of delicious ways to "go green."

Broccoli Latkes

1 pound broccoli, chopped into small pieces
2 pounds potatoes, scrubbed and cubed into small pieces
1 onion, peeled and finely chopped
3 cups water
 $\frac{1}{2}$ teaspoon celery seed
salt and pepper to taste

Cook all the ingredients in a large covered pot over medium heat for 20 minutes. Drain mixture. Mash ingredients together.

Heat oil in large non-stick frying pan over medium heat. Form 10 pancakes. Fry 8 minutes on one side. Flip and fry for another 5 minutes on the other side. Serve warm.

For more delicious broccoli recipes, visit **Johanna at Green Gourmet Giraffe**, <http://gggiraffe.blogspot.com>, and follow the August 2009 link to WHB Broccoli - brassica royalty.

Johanna lives in Melbourne, Australia. Here are a few of the broccoli recipes you'll find on her site...

- [Broccoli with Brie and Breadcrumbs](#)
- [Broccolini and Brie Tart](#)
- [Bill's Broccoli Rice Salad](#)
- [Chickpea broccoli casserole](#)
- [Cream of broccoli soup](#)
- [Broccomole](#)
- [Green lasagne with broccoli and rocket pesto](#)
- [Rumbledethumps](#)

...and a few of her links to even more broccoli recipes:

- [Broccoli crunch salad](#) - 101 Cookbooks
- [Broccoli Slaw](#) - Smitten Kitten
- [Broccoli Soup with Lemon-Chive Cream](#) - Orangette
- [Broccolini and Sun-Dried Tomato Pie](#) - Food Blogga
- [Healthy Broccoli Smoothie](#) - Smoothie Web
- [Raw Broccoli Salad](#) - Taste Buddies
- [Red Wine Spaghetti with Broccoli](#) - Serious Eats
- [Velvety Broccoli and Feta Pasta](#) - The Kitchn

**MONSTERS
DON'T EAT BROCCOLI,
BUT PRESIDENTS DO...**



HOW ABOUT YOU?

PRESIDENTIAL BROCCOLI

Thomas Jefferson planted broccoli in his garden in 1767.

Former U.S. President George H.W. Bush banned broccoli from the White House and Air Force One menus after famously declaring, "I do not like broccoli. I haven't liked it since I was a little kid and my mother made me eat it. I'm President of the United States and I'm not going to eat any more broccoli."

U.S. President Barack Obama likes a serving of steamed broccoli with his burger.

A pizzeria in Chicago makes a pizza called the Broccoli Obama, topped with many of the president's favorite ingredients: broccoli, seasoned potatoes, applewood smoked bacon, gruyere cheese, cheddar cheese, mozzarella cheese and minced garlic, with fresh chives added after baking.

Source: <http://gggiraffe.blogspot.com>, 14 August 2009.