



**RESCUING FOOD • NOURISHING COMMUNITIES**

**FOOD CARD**

# BROCCOLI



## AVAILABLE

All year.

## STORE

In the fridge. Will keep for 1+ weeks.

## EAT

Raw or cooked.

## PREPARE

1. Wash in running water.
2. Remove stalk.
3. Cut head into florets.
4. Peel and slice stalk.

## COOK

**Boil:** Boil water in a saucepan. Add broccoli. Boil until tender (3-4 minutes).

**Steam:** 3-4 minutes.

**Microwave:** High. In a shallow dish with 1T of water. 3 minutes.

## AVOID WASTE

**Freeze:** Boil broccoli for 3 minutes. Drain. Plunge into cold water. Drain. Freeze in bags. Can be frozen for 12 months.

## TASTY IDEAS

- Eat raw with dips and/or hummus.
- Dress with a drizzle of olive oil and lemon juice. Add some grated citrus rind (optional).
- Add to pastas and stirfries.