



Broccoli

How to Prepare

Broccoli is a satisfying late-season crop in Yellowknife. Originally cultivated in Italy over 2,500 years ago, this hearty, healthy, nutrient rich vegetable can be found in delicious and varied recipes in countries all around the world. Broccoli can be enjoyed cooked or raw, and has applications as a side or as the main ingredient.

When preparing broccoli, the crown and the stem have a substantially different taste and texture. The crown is flavourful, nutty, and tender, suitable for roasting, steaming, or eating raw. The stem tends to be fibrous, woody, and mild tasting. It is better for stocks, or peeled and served raw with dip.

In your own kitchen, store broccoli whole in your fridge. Wrap the broccoli in a damp paper towel or cloth. Do not store in a plastic bag. For a photo guide on cutting broccoli crowns and stems, see wikihow.com/Chop-Broccoli

Try Using Broccoli:

- In soups and stews;
- In eggrolls or spring rolls;
- Steamed as a side;
- Roasted with chilies;
- In quiches or frittatas;
- In casseroles with sausage;
- In salads with roasted nuts;
- Shredded into coleslaw salads;
- On pizzas or in tarts;
- In stir fries;
- Raw with dips;
- Roasted with legumes; and
- In ramen or udon soups.

Nutrition Highlights

- Very high in Vitamin A, B6 & C;
- Very high in Vitamin E & K;
- A good source of calcium;
- A source of iron & thiamin; and
- A very good source of fiber.

Nutrition Facts	
Serving Size 100 grams (100 grams)	
Amount Per Serving	
Calories 34	Calories from Fat 3
% Daily Value*	
Total Fat 0g	1%
Saturated Fat 0g	0%
Trans Fat	
Cholesterol 0mg	0%
Sodium 33mg	1%
Total Carbohydrate 7g	2%
Dietary Fiber 3g	10%
Sugars 2g	
Protein 3g	
Vitamin A	12% • Vitamin C 149%
Calcium	5% • Iron 4%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.	
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Recipe: Spicy Roasted Broccoli Salad

Ingredients

Salad:

1-½ pounds broccoli
¼ cup chopped bell pepper
¼ cup chopped red onion
¼ cup chopped green onion
2 tbsp olive oil

Dressing:

3 tbsp rice wine vinegar
1 tbsp sesame oil
2 tsp brown sugar or honey
1 tsp crushed, dried chilies
Salt and pepper

Instructions

1. Preheat the oven to 375F
2. Cut off broccoli florets. Trim and peel stems; cut into ½-inch-thick slices. Toss the broccoli in the olive oil, with a pinch of salt and pepper. Place broccoli florets and stems on a baking pan. Bake until the florets start to brown slightly, about 10 minutes. Remove from oven and set aside to cool.
3. Stir together bell pepper, red onion, green onion, vinegar, oil, brown sugar and crushed red pepper in a serving bowl. Just before serving, add the broccoli and toss to combine. Season with salt and pepper.

You can enjoy this salad as a healthy, vitamin-rich lunch entrée, or serve it alongside your favourite protein for a satisfying dinner.

You can increase the fiber, protein and healthy fats by adding some toasted almonds.

For a little change, you can steam the broccoli instead of roasting it.

If you live for spicy food, substitute the dried chilies for thin ribbons of your favourite pepper. This salad would go nicely with jalapenos, habaneros or cherry bomb peppers.