

Taste Test: Broccoli



Broccoli is a green vegetable that's part of a group called cruciferous vegetables and is related to cabbage. Broccoli is made up of little florets attached by small stems to a larger stalk that makes it look like a tree. The most common type of broccoli is Italian green. Broccoli is typically grown in the United States, especially California, between October and March.

Food Fact

Broccoli is very high in vitamin C and vitamin K. It also contains many other nutrients like folate, calcium and potassium.¹

How to Choose:

- ☐ Choose broccoli with compact floret clusters
- ☐ The florets should all be the same colour
- ☐ Choose dark-green broccoli for the most nutritional benefit

How to Prepare:

- ☐ Rinse broccoli under cold water
- ☐ Cut the florets into quarters
- ☐ Eat it fresh in salads, or with healthy dip, or lightly steam it

How to Store:

- ☐ In a plastic bag for up to 10 days in a fridge
- ☐ For maximum storage time, leave broccoli unwashed until it's time to prepare it

Note:

Canada's food guide recommendations:

- ☐ Include vegetables and fruit in all meals and snacks.
- ☐ Aim for half your plate to be vegetables and fruit.

I Tried It!

My Rating (circle one):



Would you like to try broccoli again?

☐ YES ☐ NO

Ideas for Serving Broccoli:

- After steaming broccoli, add it to your favourite pasta recipe.
- Puree cooked broccoli and cauliflower together and combine with seasonings to make a simple soup.
- Add chopped broccoli florets to your favourite omelette recipe.

Cheesy Broccoli Toast

Makes 2 servings

Ingredients:

- ☐ 2 cups frozen broccoli
- ☐ 2 slices whole grain bread
- ☐ ¼ tsp red pepper flakes
- ☐ ½ tsp garlic powder
- ☐ ¼ cup light cheddar cheese, grated

Directions:

1. Preheat oven to 400°F. Place frozen broccoli in a microwaveable bowl, cover with a plate and microwave on high for approximately 5 minutes. Allow to cool slightly then roughly mash with a fork. Add pepper flakes and garlic.
2. Lightly toast bread in the oven or toaster. Place toast on a baking tray. Layer mashed broccoli mixture on each slice and evenly sprinkle the grated cheddar cheese over each slice.
3. Bake in the oven until the cheese is melted and golden, approximately 5 minutes.



Recipe from <https://food-guide.canada.ca/en/recipes/cheesy-broccoli-toast/>

Getting children involved in cooking at home makes them more likely to eat fruit and vegetables and select healthy foods. For more information, please contact APPLE Schools at info@appleschool.ca.

¹Health Line. <https://www.healthline.com/nutrition/foods/broccoli#section5>. Accessed Nov. 2, 2017