

SDSU

Extension



Broccoli

In season:



Summer & Fall

Lakota: yuǎiyathŋo

Pick it!

Choose tight florets that are green, purplish or bluish green.

Head should be large with a tight cluster of small flower buds and very firm stalks.

Yellow flowers and large buds are a sign of over maturity.

Store in the vegetable crisper of the refrigerator and use in a short period.

Do not rinse until just before using.

Prepare broccolini similarly to asparagus – roast or lightly sauté.

Avoid overcooking, which produces a string sulfur odor and results in lost nutrients.



Try it!

Broccoli is great raw with sauces or dips.

The stalk is edible and contains a high amount of fiber – to use, peel it first.

Cut florets into even-sized pieces for cooking.

Steam 3-4 minutes or simmer in 1 inch of boiling water until bright green and tender crisp.

Also great added to salads, soups, stews casseroles and stir-fry.



Types of Broccoli

Sprouting: Most common, small stems sprout from main with green clusters

Broccolini: Cross of broccoli and Chinese broccoli: smaller, delicate, sweeter

Romanesco: Cross of broccoli and cauliflower, liked for its spiral flower heads



Did you know...

Calcium is needed for healthy bones and teeth. Calcium is most often found in dairy foods like milk and yogurt but can be found in broccoli and kale.

Like it!

Steamed Broccoli with Dill Dressing

Ingredients

- 1 bunch broccoli, about 2 lbs.
- 3 carrots, peeled and cut into 2 inch strips
- 6 T olive oil
- ¼-t black pepper
- 1 t dried dill weed or 3 t fresh dill

Directions

Mix ingredients for the dill dressing and set aside – olive oil, pepper, dill weed. Bring a large saucepan of water to a boil while preparing vegetables. Rinse, trim stems from broccoli and peel, cut into 2 inch strips. Cut florets into small uniform pieces and set aside. Prepare carrots and set aside. When water is boiling, add carrots and broccoli stems. Cook for 1 minute. Add broccoli florets, boil 2 minutes longer. Don't overcook. Drain, rinse under cold running water, drain again. Place in a large bowl, gently toss with dressing. Serve immediately.

Yield 6 servings

Nutrition Facts per Serving:
Calories 200; fat 15g; Cholesterol 0mg; Sodium 70mg;
Carbohydrates 14g ; Fiber 4g; Sugars 5g; Protein 5g

Broccoli Salad

Ingredients

- 6 c broccoli
- 1 c raisins
- 1 red onion (medium, peeled, diced)
- 2 T sugar
- 2 T lemon juice
- ¾ c low-fat mayonnaise
- Optional – 8 slices of bacon (cooked, crumbled)

Directions

Combine all ingredients in a medium bowl. Mix well. Chill for 1 to 2 hours. Serve.

Yield 8 servings

Nutrition Facts per Serving:
Calories 174; fat 9g; Cholesterol 7mg; Sodium 198mg;
Carbohydrates 23g ; Fiber 3g; Sugars 16g; Protein 3g

Lakota word translate by Jeshua Estes.

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