



SOUTH DAKOTA STATE
UNIVERSITY EXTENSION

Broccoli

Lakota: yuǰíyathŏ



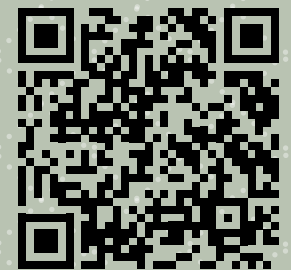
Pick it!

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

Try it!

Great raw with sauces or dips. Add to salads, soups, stews, casseroles and stir fry.

Like it!



This material was funded by USDA's Supplemental Nutrition Assistance Program--SNAP.

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Lakota word translated by Jeshua Estes.



SOUTH DAKOTA STATE
UNIVERSITY EXTENSION

Broccoli

In season:



Summer and
Fall

Lakota: yuŋíyathŋ

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 strong 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, tender and crisp.

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



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 also be found in broccoli and kale.

Like it!

Steamed Broccoli with Dill Dressing

Ingredients

- 1 bunch broccoli, about 2 pounds
- 3 carrots, peeled and cut into 2 inch strips
- 6 Tablespoons olive oil
- ¼ teaspoon black pepper
- 1 teaspoon dried dill weed OR 3 teaspoons fresh dill, finely chopped

Directions

1. Mix the olive oil, pepper and dill. Set aside.
2. Bring a large saucepan of water to a boil while preparing the vegetables.
3. Rinse and trim stems from the broccoli then cut the florets into small uniform pieces. Rinse and peel the carrots, then cut into 2 inch strips.
4. When water is boiling, add carrots and broccoli stems. Cook for 1 minute. Add the florets and boil for 2 more minutes.
5. Drain the produce and run under cold water.
6. Place in a large bowl and gently toss with the olive oil dressing. Serve Immediately.

Yields 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 cups broccoli
- 1 cup raisins
- 1 medium red onion, diced
- 2 Tablespoons sugar
- 2 Tablespoons lemon juice
- ¾ cup low-fat mayonnaise
- Optional: 8 slices of cooked bacon, crumbled

Directions

1. Combine all ingredients in a medium bowl. Mix well.
2. Chill for 1-2 hours and serve.

Yields 8 servings

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

Lakota word translated by Jeshua Estes.

**Find more recipes
and videos at
extension.sdstate.edu**

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**SOUTH DAKOTA STATE
UNIVERSITY EXTENSION**

Broccoli

Lakota: yuǰíyatho

- Choose tight florets that are green, purplish or bluish green.
- Head should be large with tight clusters of small flower buds, very firm stalks.
- Store in vegetable crisper in refrigerator, and use in a short period.
- Do not rinse until just before using.
- Steam or eat raw with dip; peel stalk to use.
- Cut florets into even-sized pieces for cooking.
- Steam 3-4 minutes or simmer in 1 inch boiling water to make tender
- Avoid overcooking, which produces a strong sulfur odor.
- Add to salads, soups, stews, casseroles and stir-fries.

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Nutrition Facts per Serving:

Total Calories 174; Total Fat 9g, Saturated Fat 1g; Cholesterol 7mg;
Sodium 198mg; Carbohydrates 23g, Dietary Fiber 3g, Total Sugars 16g, Added Sugars included 3g; Protein 3g



SOUTH DAKOTA STATE
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Broccoli

In season:



Summer and
Fall

Lakota: yuhíyatho

Sampling Display Instructions

Steamed Broccoli with Dill Dressing

Ingredients	24 Samples	32 Samples	48 Samples
Samples: 2 Tablespoons serving			
Broccoli	1 small bunch (3 cups)	1 ½ small bunch (4 cups)	2 small bunches (5 cups)
Carrots	2 medium	3 medium	4 medium
Olive or canola oil	¼ cup	⅓ cup	½ cup
Black pepper	A pinch	⅛ teaspoon	¼ teaspoon
Dried dill weed or fresh dill	¾ teaspoon dried or 2 teaspoons fresh	1 teaspoon dried or 3 teaspoons fresh	1 ¼ teaspoons dried or 4 teaspoons fresh

Directions:

1. Mix the olive oil, pepper and dill. Set aside.
2. Bring a large saucepan of water to a boil while preparing the vegetables.
3. Rinse and trim stems from the broccoli then cut the florets into small uniform pieces. Rinse and peel the carrots, then cut into 2 inch strips.
4. When water is boiling, add carrots and broccoli stems. Cook for 1 minute. Add the florets and boil for 2 more minutes.
5. Drain the produce and run under cold water.
6. Place in a large bowl and gently toss with the olive oil dressing. Serve immediately.

Materials needed:

- Table/tablecloth
- Garbage can/paper bag
- Paper towels/wet wipes/plastic gloves
- Ingredients used in the recipe
- Small cups, plastic forks
- Spoon, fork, spatula for serving
- Pick It! Try It! Like It! Preserve it! sign as table tent and fact sheet or recipe card
- Allergy alert sign on table
- Recipe video (optional)
youtu.be/eZkfzpqyB-Mo?si=mQekoVDXKo8iJmbD



Notes:

- Prepare Steamed Broccoli with Dill Dressing. Do not overcook. Chill and transport in a cooler to keep cold.
- Wear hair tied or clipped back. Wear plastic gloves when serving food.
- Place only a few samples out at a time in small cups. Ask parent's permission before children may sample.
- Ask them if they use broccoli often in their meals. Ask them if they could use the recipe.
- Point out that broccoli is also available in frozen form. Encourage cooks to use the florets and the stems to avoid waste.
- Lakota word translated by Jeshua Estes.

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Sampling Display Instructions

Broccoli Salad

Ingredients	24 Samples	32 Samples	48 Samples
Samples: 2 Tablespoons servings			
Broccoli, chopped	2 ¼ cups	3 cups	4 ½ cups
Raisins	6 Tablespoons	½ cup	¾ cup
Red onion (peeled and diced)	¼ medium	½ medium	1 medium
Sugar	2 ¼ teaspoons	1 Tablespoon	1 ½ Tablespoons
Lemon juice	2 ¼ teaspoons	1 Tablespoon	1 Tablespoon, ½ teaspoon
Mayonnaise, low-fat	4 Tablespoons, 1 ½ teaspoons	6 Tablespoons	9 Tablespoons
Bacon (cooked, crumbled), optional	3 slices	4 slices	6 slices

Directions:

1. Combine all ingredients in a medium bowl. Mix well.
2. Chill for 1-2 hours and serve.

Materials needed:

- Table/tablecloth
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- Ingredients used in the recipe
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