



A Nutrition Resource



# BROCCOLI

Broccoli is a good source of Vitamin C as well as Vitamin A, Vitamin B-6, Vitamin K, fiber, and many other vitamins and minerals. It also contains more protein than most other vegetables.

## Buying and storing

**BUYING:** Choose broccoli that has tightly closed buds and crisp leaves. Choose odorless broccoli that is dark green to purple tinged in color. Do not wash broccoli until just before preparing it.

**STORING:** Store broccoli in a loose bag in the refrigerator. Fresh broccoli is best if used within a day or two after being purchased. It will keep for up to four days in the refrigerator. Once cooked, any leftovers may be refrigerated for 2 to 3 days in a tightly covered container.

## Preparing

Wash broccoli thoroughly. Begin at the top of the stalk and find the place where it separates into florets. Cut the florets about an inch down from their tops. If you are going to cook the pieces, try to make them all roughly the same size. Continue to cut the florets, moving up the stalk as you go, until you have taken them all off. Chop into smaller pieces, if desired. Use a vegetable peeler to remove leaves and tough skin from the stalk. Cut the stalk into roughly equal pieces, making them smaller than the florets since they will take longer to cook.



## Cooking

Broccoli will retain its bright green color, crisp tenderness, and sweetness if you cook it just until a fork can pierce the stalk.

**STEAMING:** Place chopped broccoli in a steamer basket in a pot. Add 1 inch of water, cover with lid, and bring to a boil. Steam, covered, for 4-5 minutes.

**MICROWAVING:** Place chopped broccoli in a microwave-safe container. Microwave just long enough for broccoli to be easily cut with a fork – about 3-4 minutes.

## Ways to enjoy

- Eat broccoli tops or peeled stems raw with your favorite dip.
- Add broccoli to salads, soups, stews, casseroles, egg dishes, and stir fries.
- Steam broccoli and add a squeeze of lemon, balsamic vinegar, or a little cheese.

Check out our recipes for **Creamy Vegetable Dip, Broccoli Cheddar Soup**, and many others at <https://buyeatlivebetter.org/recipes>



## Garlic Beef Stir-Fry

**Yield: 4 Servings | Serving Size: 2 cups**

2 cups brown rice

1 Tablespoon cornstarch

$\frac{1}{3}$  cup low-calorie vinaigrette or Italian dressing (use 1 Tablespoon for the meat)

3 cloves garlic, minced or  $\frac{3}{4}$  teaspoon garlic powder

$\frac{3}{4}$  pound lean beef, well-trimmed, cut into thin strips (round steak works well)

5 cups cut-up fresh vegetables (such as broccoli, onions, bell peppers, carrots) or 1- 16 ounce bag frozen stir fry vegetables (red peppers, broccoli, green onions, carrots), partially thawed in microwave and drained

2 Tablespoons low-sodium soy sauce

1 teaspoon ground ginger

- 1) Prepare rice according to package directions, allowing about 15 minutes for instant rice or about 45 minutes for regular brown rice. Keep hot (above 135°F).
- 2) Stir together the cornstarch, 1 Tablespoon of the dressing, and the garlic in a bowl or pie pan; mix well. Add the beef strips, tossing to coat meat with dressing mixture.
- 3) Lightly coat a large nonstick skillet with cooking spray. Heat on medium-high heat.
- 4) Add beef mixture; cook and stir for 5 minutes or until beef is cooked through. Remove from skillet; cover meat to keep warm.
- 5) Add vegetables, remaining dressing, soy sauce, and ginger to skillet. Cook and stir about 10 minutes or until vegetables are crisp-tender.
- 6) Return beef to skillet. Cook, stirring occasionally, for 1 minute or until beef is heated through and sauce is thickened. Serve over rice.

*Iowa State University Extension*

Nutrition Facts	
4 servings per container	
<b>Serving size</b>	<b>2 cups (327g)</b>
Amount per serving	
<b>Calories</b>	<b>380</b>
% Daily Value*	
<b>Total Fat</b> 9g	<b>12%</b>
Saturated Fat 2.5g	<b>13%</b>
Trans Fat 0g	
<b>Cholesterol</b> 65mg	<b>22%</b>
<b>Sodium</b> 580mg	<b>25%</b>
<b>Total Carbohydrate</b> 42g	<b>15%</b>
Dietary Fiber 7g	<b>25%</b>
Total Sugars 4g	
Includes 0g Added Sugars	<b>0%</b>
<b>Protein</b> 31g	
Vitamin D 0mcg	<b>0%</b>
Calcium 48mg	<b>4%</b>
Iron 4mg	<b>20%</b>
Potassium 650mg	<b>15%</b>
*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	

This institution is an equal opportunity provider.

This material was funded by USDA's Supplemental Nutrition Assistance Program – SNAP. The Supplemental Nutrition Assistance Program (SNAP) provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more, contact the Montana Public Assistance Helpline at 1-888-706-1535 or [www.apply.mt.gov](http://www.apply.mt.gov). Montana State University Extension is an ADA/EO/AA/Veteran's Preference Employer and Provider of Educational Outreach.