



Local

PICK OF THE MONTH

May 2014

Blooming Broccoli

Recipe

Roasted lemon broccoli

Ingredients

- 1 16-ounce bag frozen broccoli, chopped
- 2 1/2 tsp extra-virgin olive oil
- 1/4 tsp ground black pepper
- 1/4 tsp salt
- 1/2 tsp lemon juice or to taste

Directions

In a large bowl, toss the broccoli florets with extra virgin olive oil, pepper and salt. Spread out in even layer on a baking sheet. Bake for 20 minutes at 400 degrees F, flipping broccoli at 10 minutes. Squeeze lemon juice over broccoli before serving.

Yields four 1/2-cup servings.

Nutrition information per serving:

Calories: 60, Carbohydrate: 6g, Fiber: 3g, fat: 3g; Protein: 4g

Recipe adapted from allrecipes.com/Recipe/Roasted-Garlic-Lemon-Broccoli/

What's so great about broccoli?

- Broccoli is a 'super' food!
- It's an excellent source of vitamins C and K
- It's also a good source of folate, dietary fiber and vitamins A and B6
- Broccoli is fat-free and low in calories



Photo from livelovefruit.com

What's the best way to eat broccoli?

- Roast broccoli with olive oil and add parmesan cheese, nuts, or lemon juice
- Add broccoli to your salads, pasta dishes, or eat as a side
- Eat broccoli raw or with a fat-free dip

Selection and preparation

<p>Selection</p> <p>Select tender, dark green stalks.</p>	<p>Storage</p> <p>Store in a loose bag in the refrigerator, unwashed, for three to five days.</p>
<p>Preparation</p> <p>Use cold water to rinse broccoli before cooking or eating.</p>	<p>Cooking</p> <p>Roast, steam, sauté, boil or eat broccoli raw.</p>



Building healthier communities together



Check your local grocery store or produce stand for fresh broccoli today!