

BROCCOLI

WHAT PARTS CAN I EAT AND HOW?

FLORETS

- Stir-fried or roasted
- Steamed
- Cooked in soups or stews
- Raw, in salads or dips



STEMS

- Stir-fried or roasted
- Use to make vegetable stock
- Raw, shredded in salads or sauces (be sure to peel the stems!)

COOKING TIP: Boiling can leach up to 90% of the nutrients from broccoli, while steaming, roasting, stir-frying and microwaving tend to preserve the nutrients.

WHEN IS IT IN SEASON?



Broccoli is in season from **July through November** in Quebec.

STORAGE



Broccoli likes having some room to breathe. Keep it in a loosely wrapped or perforated plastic bag in the crisper drawer of the fridge. Florets can be blanched and frozen up to 10 - 12 months.

ROASTED BROCCOLI & CAULIFLOWER FRITTATA

SERVES 4-6

INGREDIENTS:

- 2 cups broccoli florets
- 1 1/2 cups cauliflower florets
- 2 tablespoons oil
- 1 garlic clove, thinly sliced
- 1/4 teaspoon crushed pepper
- Salt and pepper to taste
- 8 large eggs
- 1/2 cup shredded cheese



INSTRUCTIONS:

1. Preheat the oven to 375°F. Line baking sheet with parchment paper.
2. In a large bowl, toss together broccoli, cauliflower, oil, garlic, crushed pepper, salt and pepper. Roast for about 20 minutes or until the veggies are golden brown.
3. Whisk together eggs and 3/4 of the cheese. Season with salt and pepper.
4. Line a 9" pie pan with parchment paper. Spread roasted vegetables onto the bottom of the pie plate. Pour the egg mixture on top, then sprinkle with remaining shredded cheese.
5. Bake in the oven for about 25 minutes, Insert a knife in the centre to check, the knife should come out clean!

BROCCOLI WITH MUSHROOMS & SOY SAUCE

SERVES 4

INGREDIENTS:

- 1 bunch broccoli, cut into florets
- Pinch of salt
- 1 tablespoon peanut oil or vegetable oil
- 4 cloves garlic, grated
- 1/2 lb (450 g) white mushrooms, sliced

SAUCE:

- 1 cup vegetable stock (or water)
- 2 tablespoons soy sauce
- 1 teaspoon dark soy sauce (*optional*)
- 2 teaspoons sugar
- 1 tablespoon cornstarch

INSTRUCTIONS:

1. In a small bowl, mix the sauce ingredients and set aside.
2. In a large skillet, heat 1/4 cup water over medium-high heat. When the water starts to boil, spread the broccoli in the skillet. Cover with lid and let steam until broccoli turns tender, 2-3 mins. Flip once or twice. Transfer to big plate.
3. In the same skillet, wipe residual water. Add oil and garlic. Stir a few times. Add the mushrooms. Stir and cook until golden, about 2 mins. Turn to medim-low.
4. Stir the sauce again to combine everthing. Add sauce to skillet with mushrooms. Stir it until it thickens. Pour over broccoli.