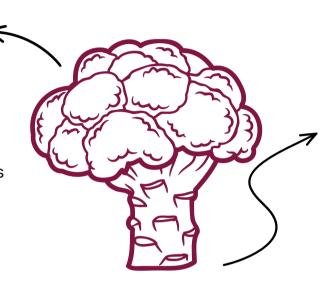
WHAT PARTS CAN I EAT AND HOW?

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.



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
- 11/2cups 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.
- In a large skillet, heat ¼ 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.

Recipe adapted from the Omnivores Cookbook.