

# BROCCOLI



GLEANERS



**Storage tips:** Dry off any water on the broccoli or wrap it in paper towels to soak up extra moisture before storing. Loosely wrap the broccoli in an unsealed plastic bag and stash in a cold part of your fridge for about a week.

**Nutrition benefits:** Broccoli is a good source of fiber, vitamin C, vitamin K, and folate. These nutrients promote gut health and may help reduce the risk for cancer, lower cholesterol, and boost eye health.



## WAYS TO ENJOY BROCCOLI



1) Add raw broccoli pieces to a salad for an extra crunch.

2) Stir chopped broccoli into soups to add a good source of fiber and vitamins.

3) Roast broccoli for a nice smoky flavor that pairs well with any main dish.

4) Serve raw broccoli with your favorite veggie dip for an easy and healthy snack.

5) Steam broccoli, blend into a puree, and stir into pasta sauces, casseroles, baked goods, or even smoothies!



## ROASTED BROCCOLI

recipe



### Ingredients:

- 4 cups broccoli florets
- 1 tablespoon olive oil
- 1/4 teaspoon salt
- 1/4 teaspoon pepper
- Dash red pepper flakes (optional)

### Directions:

1. Preheat oven to 400°F. Line a baking sheet with parchment paper or foil.
2. In large a bowl, combine all ingredients. Spread evenly on prepared baking sheet.
3. Roast for 20 minutes, turning halfway through, until florets begin to char.
4. Serve as a side dish or mixed into your favorite main dish!

Serves 4: nutrition per serving (1 cup): 61 calories, 4 g fat, 6 g carbs, 3 g fiber, 3 g protein, 159 mg sodium

Visit [GleanersNutritionHub.org](https://GleanersNutritionHub.org) for more recipe ideas and cooking tips!