



## Broccoli

### What is it?

Broccoli is a vegetable that is a member of the cabbage family that is typically a dark green color, but some variants can be white or purple. The word broccoli comes from the Italian word *broccoli* which translates to “the flowering top of a cabbage”. It is a fast growing plant that, when mature, has a firm stalk and compact bud clusters. Broccoli is a very nutrient-rich vegetable that has many health benefits, such as reducing inflammation, improving blood sugar control, and promotes heart health.

### What does it taste like?

Raw broccoli is very crunchy and has an earthy, slightly sweet, slightly bitter, flavor. When cooked (steamed, roasted, etc.) broccoli will have a sweeter taste. The longer broccoli is cooked, the more tender it will become. While it is very crunchy/crisp when raw, broccoli will have almost no bite to it when steamed or roasted for long periods of time.

### What to do with it?

Because broccoli can be eaten both raw and cooked, there are many ways it can be prepared. It can be steamed, roasted, or sauteed for a simple side dish to any meal. If you're looking for a quick snack, quickly blanch broccoli in boiling water to help bring out more sweetness and dip the florets in ranch, hummus, or green goddess sauce. Or throw blanched broccoli in a lettuce based or pasta salad to add a nice, crispy texture.

### How to store it?

Broccoli needs air circulation to stay fresh, so never store it in a tightly sealed bag. Keep it in the crisper drawer in the fridge, in an open/loosely wrapped plastic bag or reusable container that has holes or slits in the top to keep broccoli crisp for 3-5 days.