

Sweet Broccoli Salad

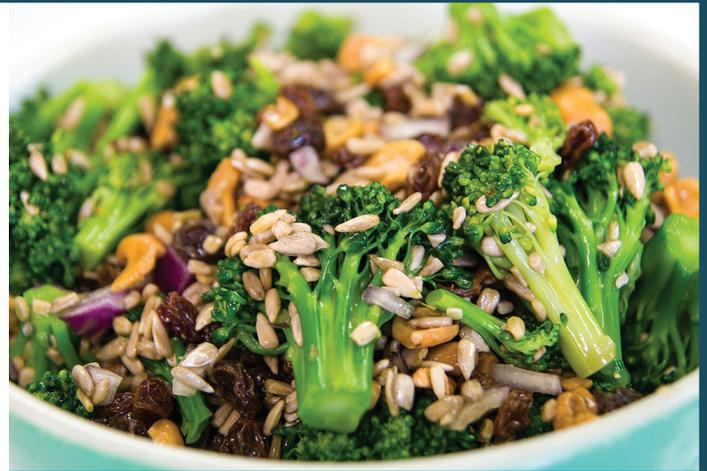
by The Co-op Natural Foods Chef Shane Gilbertson

Ingredients

- 2 lbs. chopped broccoli
- 8 oz diced red onion
- 8 oz sunflower seeds
- 8 oz raisins
- 6 oz roasted cashews
- to taste agave nectar *or* honey

Directions

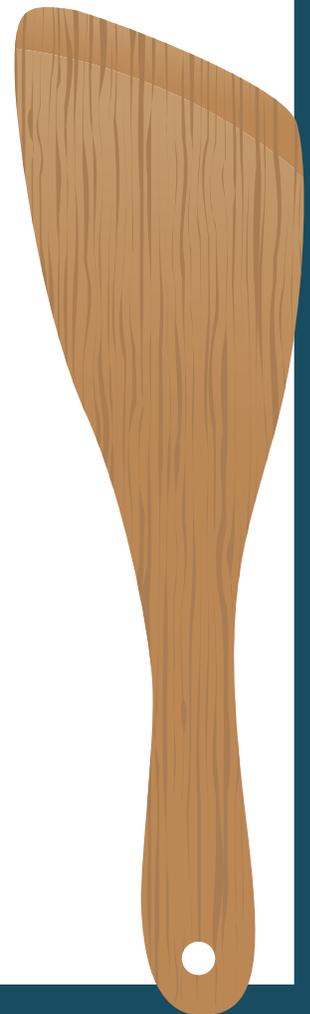
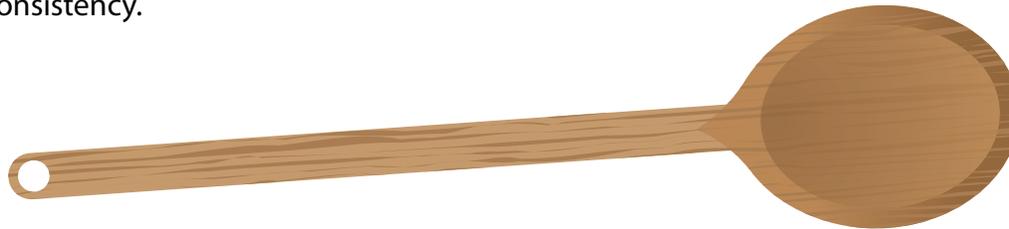
Blanche broccoli by boiling for 3 minutes or steaming for 5 minutes and then placing in ice water immediately after. Once cool, combine broccoli, onion, sunflower seeds, raisins, and cashews in a salad bowl. Add agave nectar or honey to taste. If using honey, mix it with a little bit of water to achieve a similar consistency.



Preparation time: 15 minutes
Recipe yields four servings

Did you know?

Blanching vegetables before freezing them is one of the best ways to preserve flavor, color, and nutrients.



Chef Shane (pictured left) is the Kitchen Manager for the new store kitchen at the recently remodeled Co-op Natural Foods. He and his assistant Tommy (pictured right) love to experiment with the many ingredients available at the Co-op. He enjoys preparing simple, delicious meals and getting feedback from his hungry customers.



Eat Well,
Live Well

livewellsiouxfalls.org



Pick it! Try it! Like it!

BROCCOLI

Pick it!

Choose tight florets that are green, purplish or bluish green.

Head should be large with a tight cluster of small flower buds and very firm stalks.

Yellow flowers and large buds are a sign of over maturity.

Store in the vegetable crisper of the refrigerator and use in a short period of time.

Do not rinse until just before using.

Try it!

Broccoli is great raw with sauces or dips.

The stalk is edible and contains a high amount of fiber – to use, peel it first.

Cut florets into even-sized pieces for cooking.

Steam 3-4 minutes or simmer in 1 inch of boiling water until bright green and tender crisp.

Avoid overcooking, which produces a strong sulfur odor and results in lost nutrients.

Also great added to salads, soups, stews, casseroles and stir fry.

Prepare broccolini similarly to asparagus – roast or lightly sauté.



Sprouting

- Most familiar type available at grocery stores
- Small stems sprouting from main stem with green clusters



Broccolini

- Cross of broccoli and Chinese broccoli
- Smaller, delicate, sweeter type of sprouting broccoli



Romanesco

- Cross between broccoli and cauliflower
- Admired for its spiral flower patterned heads

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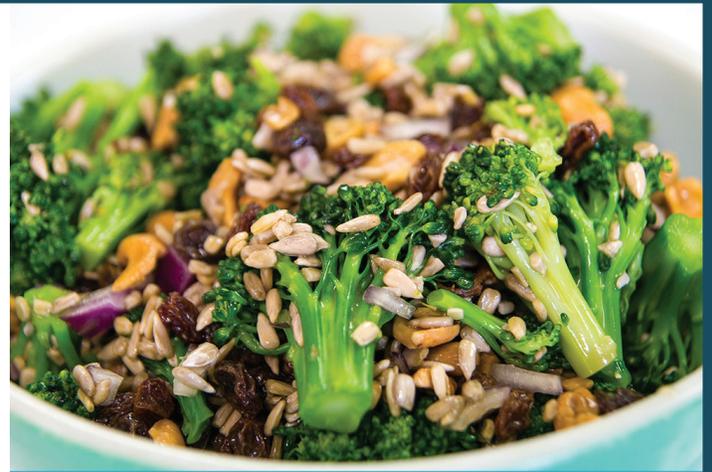
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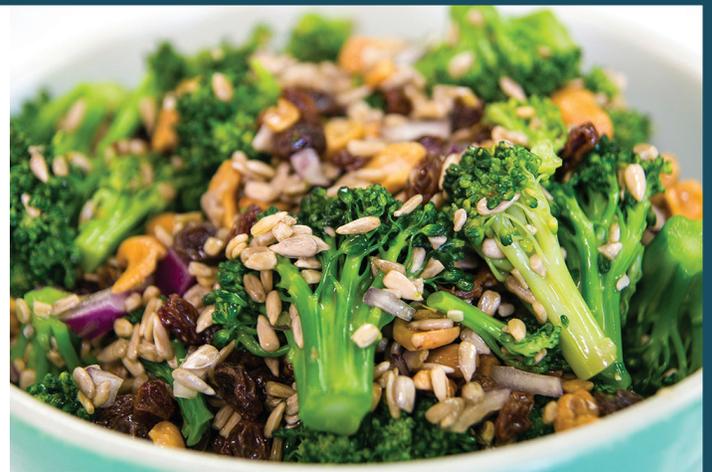
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Try it!

- Steam or eat raw with a dip; peel the stalk to use.
- Cut florets into even-sized pieces for cooking.
- Steam 3-4 minutes or simmer in 1 inch of boiling water to tender crisp.
- Avoid overcooking, which produces a strong sulfur odor.
- Add to salads, soups, stews, casseroles and stir fry.



Find recipes & videos at iGrow.org



Publication: 04-5008-2013

South Dakota State University, South Dakota counties, and U.S. Department of Agriculture cooperating.
South Dakota State University adheres to AA/EEO guidelines in offering educational programs and services.
This material was funded by USDA's Supplemental Nutrition Assistance Program (SNAP).



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