

Broccoli

Safety first:

Be sure to wash your hands with warm, soapy water before and after preparing food. Rinse fresh fruits and vegetables, even those you peel, under running tap water.

FRESH –

- Enjoy broccoli fresh. Chop and create a new slaw salad.

STEAM –

- Add a few inches of water to a pot and let simmer on medium heat. Add broccoli, then cover. Steam for four to five minutes until tender.

SAUTÉ –

- Add oil to a skillet over medium heat. Add cut-up broccoli and stir frequently. Cook until broccoli is bright green and tender.

ROAST –

- Heat oven to 425°F. Toss broccoli florets on baking sheet with oil and desired seasonings. Roast for 20 – 25 minutes.