



Kentucky Broccoli

Season: May through early July, October through mid-November.

Nutrition Facts: Broccoli is a good source of vitamin A, vitamin C, and phytochemicals, all of which have health benefits.

Selection: Choose tender, young, dark green stalks with tightly closed buds. One-and-a-half pounds of broccoli equals 4 half-cup servings.

Storage: Store broccoli, unwashed, for no more than 3 to 5 days in a perforated plastic bag in the refrigerator. Wash broccoli just before using.

Preparation: Wash broccoli under cold running water. Trim the leaves and peel the stalk.

To steam: Place on a rack above boiling water and steam for 6 to 8 minutes. Drain and rinse with cold water.

To boil: Place in a saucepan with 1 inch of boiling water and $\frac{1}{2}$ teaspoon salt. Cook for 5 minutes, then cover and cook for 10 to 15 minutes more. Drain and rinse in cold water.

To microwave: Place broccoli in a microwave-safe dish. Add 1 inch of water and cover with a glass lid or plastic wrap. Microwave for 3 to 4 minutes or until crisp-tender. Remove and rinse with cold water.

Broccoli Salad Supreme

4 cups raw broccoli, chopped

1 cup celery, chopped

$\frac{1}{4}$ cup green onions, chopped

4 slices bacon, fried crisp and crumbled

$\frac{2}{3}$ cup slivered almonds, toasted

1 cup seedless green grapes

1 cup seedless red grapes

$\frac{1}{3}$ cup sugar

1 cup reduced fat mayonnaise

1 tablespoon vinegar

Toss together the vegetables, bacon, almonds, and grapes. Mix the sugar, mayonnaise, and vinegar to make a dressing. Pour the dressing over the mixture and stir gently to allow it to coat the ingredients evenly. Refrigerate overnight or as time allows.

Yield: 14 servings.

Nutritional Analysis: 100 calories, 3 g protein, 12 g carbohydrate, 6 g fiber, 6 g fat, 5 mg cholesterol, 210 mg sodium.

Prepared by Pam Sigler. Adapted from Vegetables for Wellness: Kentucky Broccoli (FSHE-7), Sandra Bastin, Ph.D., R.D. L.D., Food and Nutrition Extension Specialist.

For more information, contact your county's Extension agent for Family and Consumer Sciences or visit the Web site for Family and Consumer Sciences, College of Agriculture, University of Kentucky, at <www.ca.uky.edu/agcollege/fcs>.