

Nutrition Boost

If you're looking for delicious ways to bring more nutrition to the family table broccoli is on most top 10 lists of superfoods, and packs a lot of nutrients in each bite.

Easily incorporated into a variety of dishes, broccoli provides more phytonutrient glucoraphanin, which naturally strengthens your antioxidant enzyme levels to help maintain the antioxidant activity of vitamins A, C and E in your body. These vitamins protect your body from potentially damaging free radicals and environmental stresses."

Relative percentage of glucoraphanin per serving of cruciferous vegetables: Cauliflower 1%* Kale 1%* Brussels Sprouts 13%* Cabbage 24%* Broccoli 100%*

*Journal of the Science of Food and Agriculture 85:681 (2005) — relationship of the climate and genotype to seasonal variation in the glucosinolate-myrosinase system.



Broccoli Stir-Fry

Serves: 4

- 1 teaspoon vegetable oil
- 2 shallots, peeled and thinly sliced
- 4 garlic cloves, peeled and thinly sliced
- 1 cup assorted Asian mushrooms
- 1/2 head Napa cabbage, shredded
- 1 1/2 cups of broccoli florets
- 1 1/2 cups snow peas
- 1 red bell pepper, chopped
- Sea salt and fresh ground pepper to taste
- Sprouts for garnish

Heat large sauté pan with oil over medium high heat.

Cook shallots until translucent, about 2 minutes, add garlic. Cook for 1 minute.

Add mushrooms and cook until liquid dissolves, about 5 minutes.

Add cabbage, broccoli, snow peas and bell pepper; cook for 3 minutes. Top with sprouts. Serve immediately.

Broccoli - Fusilli - Red Pepper

Serves: 6 to 8

- 1 1/2 cups of broccoli florets
- 3 teaspoons salt, divided
- 1/2 pound fusilli pasta
- 4 tablespoons extra virgin olive oil
- 1 red bell pepper, seeded and sliced into long strips
- 1/2 teaspoon garlic powder
- 1 lemon zest
- 1/8 teaspoon red pepper flakes
- 1/2 teaspoon freshly ground black pepper
- 2 1/2 tablespoons freshly squeezed lemon juice
- Freshly grated Parmesan (optional)

Cook broccoli for 3 minutes in a large pot of boiling water with 1 teaspoon salt. Remove from water with slotted spoon. Place in large bowl and set aside.

In same water, cook pasta according to package directions, about 10 minutes. Drain well and add to broccoli.

While pasta is cooking, in small sauté pan, heat oil and cook sliced red pepper, garlic and lemon zest over medium-low heat for 3 minutes.

Off heat, add 2 teaspoons salt, red pepper flakes, pepper and lemon juice. Mix and pour this over broccoli and pasta. Toss well.

Season to taste, sprinkle with cheese (if using), and serve.

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