Broccoli

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Family and Consumer Science Agent
Walnut Creek Extension District
Broccoli

Broccoli has been around for more than 2000 years. It was first mentioned in writing during the Roman Empire, but its origins are not known. Americans only began to discover this superstar vegetable in the 1920’s. The first broccoli harvested for commercial use in the United States was grown in Brooklyn, New York, in the early 1920’s.

Varieties

Broccoli is a hardy vegetable of the cabbage family and a close relative of cauliflower. Green broccoli, purple broccoli, broccolini, and broccoflower can all be used interchangeably in most recipes that call for some kind of broccoli.

**Italian Green broccoli** also called sprouting broccoli is the most common type of broccoli sold in the United States. Another name for this type of broccoli is Calabrese. This name came from the Italian province of Calabria where it was first grown.

**Broccoflower**—is a cross between cauliflower and broccoli that ends up looking like green cauliflower and tasting more like cauliflower than broccoli. It is sweeter tasting than either broccoli or cauliflower. It is vivid chartreuse. Choose broccoflower with a tightly closed rounded or pyramid-shaped head.

**Broccolini**—is a cross between regular broccoli and Chinese broccoli that results in a baby-broccoli-like plant with small, thin stems and tiny heads. It is similar in flavor to broccoli, but a bit milder, and sweeter. Choose bright green, fresh-looking bunches. It is also called baby broccoli or aspiration.

**Chinese broccoli**—has large dark green leaves, thin stems, and tiny flowering buds. Chinese broccoli looks like large spinach leaves but tastes like a sweet, mild version of green broccoli. To cook Chinese broccoli, separate the leaves from the stems. Peel and blanch the stems, then combine with leaves in a quick stir-fry.

**Purple broccoli**—Although it is a deeply colored variety of broccoli, it looks like purple cauliflower because of its tight heads. Purple broccoli nevertheless tastes like green broccoli and can add a lively color note to raw vegetable platters. The purple fades in cooking, however. Purple broccoli can also be used decoratively; several heads together make a dramatic center piece for a buffet table.

Nutritional Benefit

A true guardian of good health, broccoli is regarded as one of the most nutritious vegetables you can eat. It contains large amounts of vitamin C and beta carotene which are important antioxidants. It is also a good source of potassium and vitamin A. It is low in calories.

In the United States, broccoli has become the most flavored cruciferous vegetable. Cruciferous vegetables include cauliflower, Brussels Sprouts, and all forms of cabbage.

Researchers have concluded that broccoli and other cruciferous vegetables should be included in the diet several times a week. Consuming foods high in antioxidants can reduce the risk of some forms of cancer and heart disease.
Selection
Broccoli is available all year, but is most abundant in mid-fall through the winter.

Look for:
- Firm, tightly bunched florets
- Florets should be dark green, sage green or even greenish purple
- Stems should be bright green and not too thick or too tough.

Avoid:
- Open buds or yellow flowers – this is a sign of old age and a toughness that cannot be overcome with longer cooking
- Wilted or limp broccoli
- Soft, slippery, water-soaked spots on buds

Storage
Store unwashed broccoli in a plastic bag. Keep in the vegetable crisper or the refrigerator up to 4 days. Cooked leftovers may be refrigerated for 2-3 days in a tightly covered container. Old broccoli may look fine, but it develops strong undesirable flavors when stored too long.

Broccoli left unrefrigerated quickly becomes fibrous and woody. Wet broccoli quickly becomes limp and moldy in the refrigerator, so wash it just before using.

Preparation
Wash broccoli well under cool running water. Never allow it to sit in water as it will lose water soluble nutrients. Peel tough skin from stalks with a swivel-bladed peeler or sharp paring knife, if desired. If cooking long spears with florets attached, slice spears lengthwise as far up as the florets. Also wash and cook with leaves, which are full of vitamins and good flavor. Add them to soups or stir-fries.

Basic Cooking
- Use broccoli florets raw or briefly blanched in a large pot of lightly salted boiling water for snacks or party trays with dip.

- As a side dish, blanch, steam, or sauté or stir-fry florets and chopped-up stems and leaves with a little added liquid for just 3-5 minutes.

- Short cooking time brings out the best flavor and color and helps prevent broccoli’s valuable vitamins from leaching out into the cooking water. It also prevents the breakdown of chemicals in broccoli that can release strong-smelling sulfur compounds that smell like rotten eggs. This may explain why you didn’t like broccoli as a child, when vegetables were cooked much longer. Cooked broccoli should be bright green and tender crisp. Overcooked broccoli turns dark green and suffers nutrient loss, especially vitamin C.
• **Boiling:** Boiling creates a mild taste. Boiling can cause a loss of vitamin C and other nutrients. When boiling, bring the water to a rapid boil before adding the broccoli. Cooking time is 5-7 minutes.

• **Stir-frying:** Stir-fry broccoli for two minutes. Add a little broth or water. Cover the pan. Let the broccoli steam until tender-crisp. Cooking time is 4-5 minutes.

• **Steaming:** Steaming preserves the most nutrients. Steaming also keeps the florets from breaking apart. Steam broccoli for 1-2 minutes. Then uncover the pot for 10-15 seconds. Uncovering the pot lets the gases escape.

• **Microwaving:** In a microwave safe-dish, arrange one pound of broccoli in a wheel-spoke fashion. The florets should point toward the center. Add ¼ cup water and cover. Rotate the container halfway through the cooking time. Total cooking time is 6-10 minutes.

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**Ways to use Broccoli in Recipes**

• Raw broccoli is a favorite on raw vegetable platters or in salads.

• Broccoli florets can be sautéed with garlic and olive oil, added at the beginning of a vegetable stir-fry, or steamed and topped with cheese sauce, white sauce, or a low-calorie squeeze of fresh lemon juice, salt and pepper.

• Sautéed broccoli florets can be used as a healthy pizza topping and as a delicious addition to cheese based quiche or omelets.

• Broccoli stems and leaves can be cooked in chicken broth as the base for a cream of broccoli soup: Puree the cooked broccoli, add milk or cream, and season to taste with salt, pepper, and a little dried oregano.

• Broccoli stalks, which many people throw away, are actually tender and tasty parts of the plant that can be put to good use in the kitchen. Trim off the end, peel the stalk if you like, and cut into thin coins or small sticks. You can blanch, steam, or stir-fry broccoli stems, or shred and serve them raw in salad or slaw.

• Puree cooked broccoli with a little chicken broth, some milk or fat-free half-and-half, a pinch of marjoram, some salt and cayenne pepper to make quick and nourishing cream soup.

• Herbs and spices that enhance the flavor of broccoli include basil, dill, garlic, lemon balm, marjoram, oregano, tarragon and thyme.
Veggie Tortilla Pinwheels

1 package (8 ounces) cream cheese, softened  1/4 cup chopped green onions
4 teaspoons ranch salad dressing mix  1/4 cup sliced pimiento-stuffed olives
1 package (2 1/4 ounces) dried beef, chopped  5 flour tortillas (8 inches), room temperature
1/2 cup chopped fresh broccoli  Salsa, optional
1/2 cup chopped fresh cauliflower

1 In a large bowl, beat the cream cheese and salad dressing mix until blended. Stir in the beef, broccoli, cauliflower, onions and olives.
2 Spread over tortillas; roll up tightly and wrap in plastic wrap. Refrigerate for at least 2 hours.
3 Unwrap and cut into 1/2 inch slices. Serve with salsa if desired. Yield: about 5 dozen.

Servings: 20

Cooking Times

Preparation Time: 15 minutes
Total Time: 15 minutes

Nutrition Facts

Serving size: 1/20 of a recipe.
Percent daily values based on the Reference Daily Intake (RDI) for a 2000 calorie diet.
Nutrition information provided by the recipe author.

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Source: Taste of Home

Almond Vegetable Stir-Fry

1 teaspoon cornstarch
1 teaspoon sugar
3 tablespoons cold water
2 tablespoons reduced-sodium soy sauce
1 teaspoon sesame oil
4 cups fresh broccoli florets
2 tablespoons canola oil
1 large sweet red pepper, cut into 1-inch chunks
1 small onion, cut into thin wedges
2 cloves Garlic, minced
1 tablespoon minced fresh gingerroot
1/4 cup slivered almonds, toasted

1 In a small bowl, combine the cornstarch and sugar. Stir in the water, soy sauce and sesame oil until smooth; set aside.
2 In a large nonstick wok or skillet, stir-fry broccoli in hot oil for 3 minutes. Add the pepper, onion, garlic and ginger; stir-fry for 2 minutes. Reduce heat; stir the soy sauce mixture. Stir into vegetables along with nuts. Cook and stir for 2 minutes or until thickened.
3 Yield: 5 servings

Servings: 5

Cooking Times

Preparation Time: 20 minutes
Total Time: 20 minutes
Nutrition Facts

Serving size: 1/5 of a recipe.
Percent daily values based on the Reference Daily Intake (RDI) for a 2000 calorie diet.
Nutrition information provided by the recipe author.

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Source: Taste of Home

Broccoli & Cheese Soup

1 can Chicken broth (14 oz.)  2 tablespoons all-purpose flour
1 package frozen chopped broccoli (12 ounce)  8 slices Deli American cheese, quartered
1 cup Fat free Half & Half

1. Place chicken broth and broccoli in 2-quart saucepan. Cook over medium-high heat until mixture comes to a boil (8 to 10 minutes). Reduce heat to medium. Cook until broccoli is tender (4 to 6 minutes).
2. Stir together half & half and flour in small bowl until smooth. Slowly add flour mixture to soup, stirring constantly. Continue cooking, stirring occasionally, until mixture comes to a full boil (2 to 3 minutes). Boil 1 minute. Reduce heat to low. Stir in cheese until melted (3 to 4 minutes).

Servings: 4

Cooking Times

Preparation Time: 5 minutes
Total Time: 25 minutes

Nutrition Facts

Serving size: 1/4 of a recipe.
Percent daily values based on the Reference Daily Intake (RDI) for a 2000 calorie diet.
Nutrition information provided by the recipe author.

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Source: Land O'Lakes
Broccoli Beef Supper

4 cups frozen cottage fries
1 pound ground beef
3 cups frozen chopped broccoli, thawed
1 can (2.8 ounces) french-fried onions, divided
1 medium tomato, chopped
1 can (10 3/4 ounces) condensed cream of celery soup, undiluted
1/2 cup milk
1/4 teaspoon garlic powder
1/4 teaspoon pepper

1. Line bottom and sides of a greased 13x9 inch baking dish with cottage fries. Bake, uncovered, at 40° for 10 minutes.
2. Meanwhile, in a large skillet, cook beef over medium heat until no longer pink; drain. Layer the beef, broccoli, half of the onions and the tomato over fries. In a small bowl, combine the soup, 1/2 cup cheese, milk, garlic powder and pepper; pour over top.
3. Cover and bake at 400° for 20 minutes. Uncover; sprinkle with remaining cheese and onions. Bake 2 minutes longer or until cheese is melted. Yield: 8 servings.

Servings: 8

Cooking Times

Preparation Time: 15 minutes
Cooking Time: 35 minutes
Total Time: 50 minutes

Nutrition Facts

Serving size: 1/8 of a recipe.
Percent daily values based on the Reference Daily Intake (RDI) for a 2000 calorie diet.
Nutrition information provided by the recipe author.

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Source: Taste of Home

Broccoli Casserole

2 packages (16 ounces each) frozen broccoli florets
1 can (10 3/4-oz) can condensed cream of mushroom soup
1 cup (8 ounces) sour cream
1 1/2 cups (6 ounces) shredded sharp cheddar cheese, divided
1 can (6 ounces) french-fried onions, divided

1. Cook broccoli according to package directions; drain well. In a large saucepan, combine the soup, sour cream, 1 cup cheese and 1 1/4 cups onions. Cook over medium heat for 4-5 minutes or until heated through. Stir in the broccoli.
2. Pour into a greased 2-qt. baking dish. Bake, uncovered, at 325° for 25-30 minutes or until bubbly. Sprinkle with the remaining cheese and onions. Bake 10-15 minutes longer or until cheese is melted. Yield: 6-8 servings.

Servings: 6
Broccoli Ham Quiche

1 unbaked deep-dish pastry shell (9 inches)
1/2 cup chopped fresh broccoli
1 cup water
1 cup shredded Swiss cheese
1 cup shredded part-skim mozzarella cheese
2 tablespoons all-purpose flour
4 Eggs, slightly beaten
1 1/2 cups milk
2 tablespoons chopped green onion tops
1/4 teaspoon salt
1/8 teaspoon pepper
1/8 teaspoon dried thyme
1/8 teaspoon dried rosemary, crushed
1/2 cup diced fully cooked ham

1 Line unpricked pastry shell with a double thickness of heavy-duty foil. Bake at 450° for 8 minutes. Remove foil; bake 5 minutes longer. Cool on a wire rack.

2 Meanwhile, place broccoli in a small saucepan; add water and bring to a boil. Reduce heat; cover and cook for 2 minutes. Drain and immediately place broccoli in ice water. Drain and pat dry with paper towels.

3 Toss cheeses with flour; set aside. In a large bowl, combine the eggs, milk, onion and seasonings. Stir in the ham, broccoli and cheese mixture. Pour into prepared crust.

4 Bake at 350° for 40-45 minutes or until a knife inserted near the center comes out clean. Let stand for 10 minutes before cutting. Yield: 6-8 servings.

Servings: 6

Cooking Times

Preparation Time: 20 minutes
Cooking Time: 40 minutes
Total Time: 1 hour

Nutrition Facts

Serving size: 1/6 of a recipe.
Percent daily values based on the Reference Daily Intake (RDI) for a 2000 calorie diet.
Nutrition information provided by the recipe author.
Broccoli Scalloped Potatoes

2 tablespoons chopped onion  2 1/2 cups milk
4 garlic cloves, minced  2 cups Shredded Swiss cheese, divided
1/4 cup butter, cubed  2 pounds medium potatoes, peeled and thinly sliced
5 tablespoons all-purpose flour  2 cups julienned fully cooked ham
1/4 teaspoon white pepper  2 cups frozen broccoli florets, thawed and patted dry
1/8 teaspoon salt

1 In a large skillet, sauté onion and garlic in butter for 3-4 minutes or until crisp-tender. Stir in the flour, pepper and salt until blended. Gradually stir in milk. Bring to a boil; cook and stir for 2 minutes or until thickened. Stir in 1 cup of cheese. Reduce heat; cook for 1-2 minutes or until cheese is melted (sauce will be thick).
2 Remove from the heat; gently stir in the potatoes, ham and broccoli. Transfer to a greased 13x9 inch baking dish.
3 Cover and bake at 350° for 40 minutes. Sprinkle with remaining cheese. Bake, uncovered, 20-25 minutes longer or until potatoes are tender and cheese is melted. Yield: 8 serving.

Servings: 8

Cooking Times
Preparation Time: 20 minutes
Cooking Time: 1 hour
Total Time: 1 hour and 20 minutes

Nutrition Facts
Serving size: 1/8 of a recipe.
Percent daily values based on the Reference Daily Intake (RDI) for a 2000 calorie diet.
Nutrition information provided by the recipe author.
**Broccoli Strawberry Salad**

- 8 cups fresh broccoli florets
- 8 ounces Colby-Monterey Jack cheese, cut into 1/2 inch cubes
- 1 cup mayonnaise
- 2 tablespoons sugar
- 1 teaspoon cider vinegar
- 2 cups fresh strawberries, quartered
- 1/4 cup sliced almonds, toasted

In a large bowl, combine broccoli and cheese. In a small bowl, whisk the mayonnaise, sugar and vinegar. Pour over broccoli mixture and toss to coat. Gently stir in strawberries; sprinkle with almonds. Yield 10 servings.

Servings: 10

**Cooking Times**

Preparation Time: 20 minutes  
Total Time: 20 minutes

**Nutrition Facts**

Serving size: 1/10 of a recipe.  
Percent daily values based on the Reference Daily Intake (RDI) for a 2000 calorie diet.  
Nutrition information provided by the recipe author.

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**Source**

Source: Taste of Home

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**Broccoli Turkey Casserole**

- 1/4 cup chopped onion
- 1/4 cup chopped celery
- 1/4 cup butter, cubed
- 4 cups cubed cooked turkey breast
- 1 package frozen broccoli florets, thawed
- 1 can (10 3/4 ounces) condensed cream of mushroom soup, undiluted
- 1 can (10 3/4 ounces) condensed cream of chicken soup, undiluted
- 1 cup cooked rice
- 1/2 cup shredded part-skim mozzarella cheese
- 1 can (2.8 ounces) french-fried onions

1 In a large skillet, sauté onion and celery in butter until tender. Stir in the turkey, broccoli, soups and rice; transfer to a greased shallow 2 1/2 qt. baking dish.

2 Bake, uncovered, at 350° for 25-30 minutes or until bubbly. Sprinkle with cheese and french-fried onions; bake 5 minutes longer or until cheese is melted. Yield: 8 servings.

Servings: 8

**Cooking Times**

Preparation Time: 20 minutes  
Cooking Time: 25 minutes  
Total Time: 45 minutes

**Nutrition Facts**

Serving size: 1/8 of a recipe.
Broccoli Wild Rice Soup

1 6 ounce package chicken and wild rice mix
5 cups water
3 cups frozen chopped broccoli, thawed
1 medium carrot, shredded
2 teaspoons dried minced onion
1 can condensed cream of chicken soup, undiluted
1 package (8 oz) package cream cheese, cubed
1/4 cup slivered almonds, optional

In a large saucepan, combine the rice, contents of seasoning packet and water; bring to a boil. Reduce heat; cover and simmer for 10 minutes, stirring once. Stir in the broccoli, carrot and onion. Cover and simmer for 5 minutes. Stir in soup and cream cheese. Cook and stir until cheese is melted. Stir in almonds if desired. Yield: 8 servings (about 2 quarts).

Serving size: 1/8 of a recipe.

Broccoli-Chicken Chowder

2 cups frozen broccoli florets
2 tablespoons butter or margarine
1/2 cup sliced celery
1/2 cup chopped carrots
1 medium onion chopped
1 teaspoon chopped fresh thyme or 1/4 teaspoon dried thyme leaves
1/4 cup all-purpose flour
1 1/2 cups milk
1 can condensed chicken broth
2 cups diced cooked chicken
1 cup shredded American or Cheddar cheese (4 oz)
1. Cook broccoli as directed on package. Drain.
2. Meanwhile, in 4-quart saucepan, melt butter over medium heat. Add celery, carrot, onion and thyme; cook 5 to 7 minutes, stirring occasionally, until vegetables are crisp-tender.
3. Stir in flour until well blended. Add milk and broth; cook until mixture boils and thickens, stirring constantly.
4. Stir in chicken and cooked broccoli; simmer about 5 minutes, stirring occasionally, until hot. Add cheese; stir until melted.

Servings: 4

Cooking Times

Preparation Time: 30 minutes
Total Time: 30 minutes

Nutrition Facts

Serving size: 1/4 of a recipe.
Percent daily values based on the Reference Daily Intake (RDI) for a 2000 calorie diet.
Nutrition information provided by the recipe author.

Source

Source: Betty Crocker

Cheesy Broccoli-Rice Bake

2. Meanwhile, in 10-inch skillet, melt 1 tablespoon butter over medium-high heat. Add onion; cook, stirring occasionally, until crisp-tender. Reduce heat to medium. Stir in cheese, soup, milk and pepper. Cook, stirring frequently, until cheese is melted.
3. Stir in broccoli and rice. Spoon into baking dish. In small bowl, mix bread crumbs and 1 tablespoon melted butter; sprinkle over rice mixture.
4. Bake uncovered 30 to 35 minutes or until light brown on top and bubbly around edges.

Servings: 8

Cooking Times

Preparation Time: 15 minutes
Cooking Time: 35 minutes
Total Time: 50 minutes
Nutrition Facts
Serving size: 1/8 of a recipe.
Percent daily values based on the Reference Daily Intake (RDI) for a 2000 calorie diet.
Nutrition information provided by the recipe author.

Source
Source: Betty Crocker

Chicken and Broccoli Stir-Fry

1 pound       boneless skinless chicken breast, cut into 1-inch pieces
2 garlic      cloves, finely chopped
2 teaspoons   finely chopped gingerroot
1 medium      onion, cut into thin wedges
1 cup         baby-cut carrot, cut lengthwise in half
1 cup         chicken broth
3 tablespoons soy sauce
2 teaspoons   sugar
2 cups        broccoli flowerets
1 cup         sliced fresh mushrooms
1 1/2 cup     diced red bell pepper
2 teaspoons   cornstarch
1 cup         hot cooked Chinese plain noodles

1 Spray 12-inch nonstick skillet with cooking spray; heat over medium-high heat. Add chicken, garlic and gingerroot; stir-fry 2-3 minutes or until chicken is brown.
2 Add onion, carrots, 3/4 cup of the broth, the soy sauce and sugar. Cover and cook over medium heat 5 minutes, stirring twice.
3 Add broccoli, mushrooms and bell pepper. Cover and cook about 5 minutes, stirring occasionally, until chicken is no longer pink in center and vegetables are crisp-tender.
4 Mix cornstarch with remaining 1/4 cup broth; stir into chicken mixture. Cook, stirring frequently, until sauce is thickened. Serve over noodles.

Servings: 4

Cooking Times
Preparation Time: 15 minutes
Cooking Time: 13 minutes
Total Time: 28 minutes

Nutrition Facts
Serving size: 1/4 of a recipe.
Percent daily values based on the Reference Daily Intake (RDI) for a 2000 calorie diet.
Nutrition information provided by the recipe author.

Source
Chicken Stuffing Bake

1 can (10 3/4 ounces) condensed cream of mushroom soup, undiluted
1 cup milk
1 package (6 ounces) stuffing mix
2 cups cubed cooked chicken breast
2 cups fresh broccoli florets, cooked
1 1/2 cups shredded Swiss cheese, divided

1 In a large bowl, combine soup and milk until blended. Add the stuffing mix with contents of seasoning packet, chicken, broccoli, celery and 1 cup cheese. Transfer to a greased 13x9 inch baking dish.
2 Bake, uncovered, at 375° for 20 minutes or until heated through. Sprinkle with remaining cheese; bake 5 minutes longer or until cheese is melted. Yield: 8 servings.

Servings: 8

Cooking Times

Preparation Time: 20 minutes
Cooking Time: 25 minutes
Total Time: 45 minutes

Nutrition Facts

Serving size: 1/8 of a recipe.
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Source

Source: Taste of Home

Christmas Crunch Salad

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<td>1 medium red onion</td>
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In a large salad bowl, combine vegetables. Whisk the dressing ingredients until smooth; pour over vegetables and toss to coat. Cover and chill for at least 2 hours. Yield: 16-18 servings.

Servings: 18

Cooking Times

Preparation Time: 15 minutes
Total Time: 15 minutes
Nutrition Facts

Serving size: 1/18 of a recipe.
Percent daily values based on the Reference Daily Intake (RDI) for a 2000 calorie diet.
Nutrition information provided by the recipe author.

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Source

Source: Taste of Home

Corn State Broccoli Bake

1 package (8 ounces) Chicken in a Biskit crackers, crushed
1/2 cup butter, melted
3 cups frozen chopped broccoli, thawed
1 can (15.25 oz's) whole kernel corn, drained
1 can (14 3/4 oz's) cream-style corn

Combine cracker crumbs and butter; reserve 1/2 cup for topping. In a bowl, combine broccoli, both cans of corn and remaining crumbs. Transfer to a greased 2-qt baking dish. Sprinkle with reserved crumb mixture. Bake, uncovered, at 375° for 25-30 minutes or until lightly browned.

Servings: 6

Cooking Times

Preparation Time: 10 minutes
Cooking Time: 25 minutes
Total Time: 35 minutes

Nutrition Facts

Serving size: 1/6 of a recipe.
Percent daily values based on the Reference Daily Intake (RDI) for a 2000 calorie diet.
Nutrition information provided by the recipe author.

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Source

Source: Taste of Home
Ham & Broccoli Alfredo Pizza

6 ounces sliced Provolone cheese
1 14 oz. round pre-baked Italian pizza crust
1/2 cup refrigerated Alfredo sauce
1 tablespoon Dijon-style mustard
1 cup chopped cooked ham
1 cup chopped broccoli

1 Heat oven to 450°. Stack cheese slices. Cut into thin strips; coarsely chop.
2 Place pizza crust onto large ungreased baking sheet.
3 Combine Alfredo sauce and mustard in small bowl. Spread over pizza crust. Layer with 3/4 cup cheese, ham, broccoli and remaining cheese.
4 Bake for 10 to 12 minutes or until cheese is light golden brown. Cut into 8 wedges.

Servings: 4

Cooking Times

Preparation Time: 15 minutes
Cooking Time: 10 minutes
Total Time: 25 minutes

Nutrition Facts

Serving size: 1/4 of a recipe.
Percent daily values based on the Reference Daily Intake (RDI) for a 2000 calorie diet.
Nutrition information provided by the recipe author.

Marinated Beef & Broccoli Supper

1 half stick of butter (1/4 cup)
2 cups fresh broccoli florets
1 medium onion, thinly sliced
1 tablespoon lemon juice
1 tablespoon Worcestershire sauce
1 teaspoon purchased minced garlic
1/4 teaspoon finely chopped fresh gingerroot
1/4 teaspoon salt
1/4 teaspoon pepper
1 pound beef sirloin steak, cut into 3x1/2 inch strips
2 medium tomatoes, cut into 1-inch pieces
Hot cooked rice

1 Melt butter in 10 inch skillet until sizzling; add broccoli and onion. Cook over medium heat, stirring occasionally, until crisply tender (5 to 6 minutes).
2 Meanwhile, stir together all remaining ingredients except sirloin strips, tomatoes and rice in medium bowl. Add meat; let stand 5 minutes.
3 Add meat and marinade to broccoli mixture. Continue cooking, stirring occasionally, until meat is browned (6 to 8 minutes). Stir in tomatoes. Cover; let stand 1 minute or until heated through.
4 Serve meat and broccoli mixture over rice.
5 To reheat leftovers: Place mixture in microwave-safe bowl; cover loosely. Microwave on high for 3 to 5 minutes or until heated through.

Servings: 4

Cooking Times
Nutty Broccoli Slaw

1 package (3 ounces) chicken ramen noodles 1 cup sunflower kernels, toasted
1 package (16 ounces) broccoli coleslaw mix 1/2 cup slivered almonds, toasted
2 cups sliced green onions, (about 2 bunches) 1/2 cup sugar
1 1/2 cups broccoli florets 1/2 cup cider vinegar
1 can (6 ounces) ripe olives, drained and halved 1/2 cup olive oil

1 Set aside the noodle seasoning packet; crush the noodles and place in a large bowl. Add the slaw mix, onions, broccoli, olives, sunflower kernels and almonds.
2 In a jar with a tight-fitting lid, combine the sugar, vinegar, oil and contents of seasoning packet; shake well. Drizzle over salad and toss to coat. Serve immediately. Yield: 16 servings.

Servings: 16

Cooking Times

Preparation Time: 15 minutes
Total Time: 15 minutes

Nutrition Facts

Serving size: 1/16 of a recipe.
Percent daily values based on the Reference Daily Intake (RDI) for a 2000 calorie diet.
Nutrition information provided by the recipe author.
### Ranch Pasta Salad

3 cups uncooked tricolor spiral pasta | 1/2 cup seeded chopped tomato  
1 cup chopped fresh broccoli florets | 1 bottle (8 ounces) ranch salad dressing  
3/4 cup chopped seeded peeled cucumber | 1/2 cup shredded Parmesan cheese

Cook pasta according to package directions; drain and rinse in cold water. In a large bowl, combine the pasta, broccoli, cucumber and tomato. Drizzle with salad dressing; toss to coat. Sprinkle with cheese. Yield: 8 servings.

Servings: 8

**Cooking Times**

Preparation Time: 25 minutes  
Total Time: 25 minutes

**Nutrition Facts**

Serving size: 1/8 of a recipe.  
Percent daily values based on the Reference Daily Intake (RDI) for a 2000 calorie diet.  
Nutrition information provided by the recipe author.

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**Source**

Source: Taste of Home

### Skillet Chicken Divan

6 ounces uncooked dried spaghetti, broken into thirds | 1 1/2 cups half stick of butter (1/4 cup)  
2 cups small broccoli florets | 2 tablespoons milk  
1 sliced fresh mushrooms | 1 8-ounce all purpose-flour  
1 9-ounce package cheddar cheese, cut into cubes  
1 9-ounce package frozen cooked chicken pieces, thawed

2. Meanwhile, melt butter in 12-inch skillet until sizzling; add broccoli and mushrooms. Cook over medium heat, stirring occasionally, until vegetables are crisply tender (4 to 6 minutes). Remove vegetables from skillet.  
3. Combine milk and flour in small bowl; stir until smooth. Add to same skillet. Cook over medium-high heat, stirring constantly, until mixture comes to a full boil (2 to 3 minutes). Boil 1 minute. Reserve 1 cup cheese. Add remaining cheese; continue cooking, stirring constantly, until cheese is melted (2 to 4 minutes).  
4. Stir in hot cooked spaghetti, broccoli, mushrooms and chicken pieces. Cook until heated through (2 to 3 minutes). Gently stir remaining cheese into hot mixture. Continue cooking until cheese cubes just begin to melt (1 to 2 minutes).  
5. To reheat leftovers: Place mixture in microwave-safe bowl; cover loosely. Microwave on high for 3 to 5 minutes or until heated through.

Servings: 6

**Cooking Times**

Preparation Time: 15 minutes  
Cooking Time: 5 minutes
Total Time: 20 minutes

**Nutrition Facts**

Serving size: 1/6 of a recipe.
Percent daily values based on the Reference Daily Intake (RDI) for a 2000 calorie diet.
Nutrition information provided by the recipe author.

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**Source**

Source: Land O'Lakes