Broccoli is an edible green plant that can be eaten raw or cooked. It contains many nutrients including Vitamins C and K as well as iron, folate, manganese and potassium. It is also a source of protein that is higher than most other vegetables and only 31 calories per cup.

How to Prep Broccoli:

Safety first: Always wash vegetables prior to cooking.

Remember to avoid bare hand contact with any ready to eat food.

Use the right knife for the job: A Chef's Knife.

Ways to Use Broccoli:

BOIL: In a large pot, bring lightly salted water to a boil and add broccoli. Cook for 6 to 8 minutes, being careful not to overcook.

STEAM: Place broccoli in a perforated pan in a single layer. Place in steamer for 6 to 8 minutes, being careful not to overcook.

BLANCH: Use either boiling water or steam. Cook for about 1 to 2 minutes, then immediately remove from heat, and cool down in ice bath to stop cooking. This is still considered raw and brings out color and flavor. It’s a great starting point prior to other cooking methods.

SAUTÉ: (Stir-fry) In a skillet, heat olive oil. Then, add blanched broccoli and cook for 3 to 5 minutes while moving the broccoli around and season to taste. Will end up with a slightly tender floret (al dente) with a start of browning on the edges.

ROAST: Toss broccoli in olive oil and lightly season with salt and pepper (and any other desired seasoning). Place in a single layer on a lined sheet pan and place into a 425°F oven for 15 to 20 minutes (brown and crisp around the edges).

GRILL: Take blanched broccoli spears and toss with olive oil and seasoning. Place onto a hot grill or on grill skillet until tender, flipping every 2 minutes. Broccoli will have a nice char but is not burnt.

PUREE: This is a process where the broccoli is totally cooked until soft (boil or steam) and usually with other items such as garlic and/or onions. Then, it is either placed into a blender, food processor, or through a ricer. This can be made into a soup, alternative to mash potatoes, or a sauce.