



BEST OF BROCCOLI

FNH-00462

Broccoli grows extremely well in Interior Alaska. However, in order for this plant to mature, it is usually grown from transplants.

Cut worms and root maggots tend to bother the roots of the plant, but the head of the plant is usually not affected by insects. Some fresh broccoli recipes recommend soaking in salt water to remove insects; which is usually not necessary for Alaska grown broccoli.

Broccoli is low in calories, only 40 calories per cup, and high in some important nutrients. One cup of cooked broccoli provides 19% of the Daily Value for folate, 21% of the Daily Value for Vitamin A (as Carotenes), and 193% of the Daily Value for Vitamin C. It is also a good source of dietary fiber: 4 grams (16% of the Daily Value) per cup of cooked broccoli.

Freezing Broccoli

The food preservation method that yields the best results for broccoli is freezing. Split stalks lengthwise so that flowerets are no more than 1½ inches across. Blanch in boiling water for three minutes or steam blanch for five minutes. Cool promptly in cold water and drain. Pack broccoli into freezer containers, leaving no head space. Seal and freeze. Broccoli will store for 8-12 months in the freezer.

Broccoli Puff

Sally Burris

1-10 oz pkg. frozen broccoli
1-10¾ oz can cream of mushroom soup
¼ C mayonnaise
2 oz mild cheddar cheese, shredded
1 egg, slightly beaten

Cook broccoli until just done; drain and place in a baking dish. Mix the soup, cheese, mayonnaise, and egg. Pour over broccoli. Bake at 350°F for 45 minutes. Serves 4.

Try the following version for lower calories, fat, saturated fat and cholesterol.

Broccoli Puff

1-10 oz pkg. frozen broccoli
1-10¾ oz can cream of mushroom soup
¼ C low cal mayonnaise
2 oz mild cheddar cheese, shredded
2 egg whites, slightly beaten

(use same directions as above)

Per serving: Calories, 198; fat, 14g; saturated fat, 4g; cholesterol, 21mg; sodium, 706mg; Vitamin A, 179RE; Vitamin C, 29mg; calcium, 157mg; dietary fiber, 3g.

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5-78/SS-RD/1200

Revised December 2005

Green Soup

Marlene Bach

- ½ C diced green pepper
- 2 C broccoli
- ¼ C chopped onion
- 1 T butter
- 1 C evaporated milk
- salt to taste
- ½ C buttermilk
- ½ t curry powder

Simmer the diced green pepper, broccoli, and chopped onion for 20 minutes in 1½ C water. Next, mix these vegetables well in the blender until they are pureed. Place in a soup pot and add the butter, evaporated milk, salt, buttermilk, and curry powder. Heat through and serve. This is also delicious served cold with lemon. Serves 4.

Per serving: Calories, 154; fat, 8g; saturated fat, 5g; cholesterol, 27mg; sodium, 146mg; Vitamin A, 228RE; Vitamin C, 56mg; calcium, 243mg; dietary fiber, 3.5g.

Try low fat evaporated milk for an even lower fat version of this recipe.

Spiced Broccoli

Marge Haggland

- 3 lbs broccoli, in bunches
- ½ t salt
- ¼ t black pepper
- 1½ T butter or margarine
- ¾ t nutmeg
- 1 t lemon juice
- ¼ C chopped pecans

Wash broccoli and cook in boiling water. Drain and put through a sieve, food mill, or chop very fine. Add the pepper, butter, nutmeg, and lemon juice, or season to individual taste. Place in serving dish and garnish with pecans. Serves 6.

Per serving: Calories, 120; fat, 68g; saturated fat, 2g; cholesterol, 8mg; sodium, 261mg; Vitamin A, 456RE; Vitamin C, 91mg; calcium, 120mg; dietary fiber, 9g.

Italian Style Broccoli

Marge Haggland

Wash and drain broccoli. Remove and discard the large, coarse leaves and cut off the tough lower part of the stems. Tie in a bunch with string. Stand stalks upright in a deep kettle and add one-inch boiling water. Cover and cook about 15 minutes. When done, drain and remove string. Dress with melted butter and lemon juice. Dust with Parmesan cheese. 1½ lbs broccoli yields about 4 servings.

Per serving: Calories, 60; fat, 2g; saturated fat, 1g; cholesterol, 3mg; sodium, 65mg; Vitamin A, 239RE; Vitamin C, 128mg; calcium, 86mg; dietary fiber, 4.5g.

Broccoli-Cauliflower Medley

- 1 bouillon cube, beef
- ½ C boiling water
- 2 C broccoli flowerets, small
- ½ C boiling water
- 1 T lemon juice
- ½ t dill weed, dry
- ½ t salt (optional)
- 2 C cauliflowerets, small

Dissolve bouillon cube in ½ C water. Add broccoli. Simmer just until tender, about 5 minutes. Drain.

Combine ½ C water, lemon juice, dill and salt.

Add cauliflowerets. Simmer just until tender, about 5 minutes. Drain. Combine broccoli and cauliflower and toss lightly to mix. Serve hot. Serves 6.

Per serving: Calories, 19; fat, .01g; saturated fat, 0g; cholesterol, 0mg; sodium, 159mg; Vitamin A, 117RE; Vitamin C, 26mg; calcium, 34mg; dietary fiber, 2.5g.

Abbreviations

t=teaspoon	pt=pint	oz=ounce	mg=milligram	mL=milliliter	mm=millimeter
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Broccoli Casserole

Ruth Van Veldhuizen

2-10 oz pkgs. frozen broccoli,
cooked and drained
½ C mayonnaise
1 T lemon juice
¾ C grated cheddar cheese
1-2 oz jar chopped pimento
1 C round snack crackers, crushed
¼ C nuts

Arrange the cooked broccoli in a 2 qt baking dish. Mix together the mayonnaise, lemon juice, cheddar cheese, and pimento, pour over broccoli. Sprinkle the crushed crackers and nuts over the top. Bake for 20 minutes at 350°F. Serves 8.

Try the following version for lower calories, fat, saturated fat, cholesterol and sodium.

Broccoli Casserole

2-10 oz pkgs. frozen broccoli,
cooked and drained
½ C low cal mayonnaise
1 T lemon juice
¾ C grated cheddar cheese
1-2 oz jar chopped pimento
1 C whole wheat snack crackers crushed,
or whole wheat bread crumbs
¼ C nuts

(use same directions as above)

Per serving: Calories, 132; fat, 9g; saturated fat, 3g; cholesterol, 13mg; sodium, 158mg; Vitamin A, 207RE; Vitamin C, 36mg; calcium, 120mg; dietary fiber, 3.5g.

Chicken Imperial

LaRee Wilton

2-10 oz pkgs. frozen broccoli,
cooked and drained
2 C cut up cooked chicken
1-10¾ oz can cream of mushroom soup
⅔ C evaporated milk
¼ lb process American cheese,
cut into small pieces, about ¾ C
pepper
minced onion
seasoned salt
paprika

Put the cooked and drained broccoli into a 1½ qt baking dish. Top with cut up cooked chicken. Mix can of mushroom soup, evaporated milk, cheese, pepper, onion, and salt in medium saucepan. Stir over medium heat until cheese melts. Do not boil. Pour sauce over chicken mixture. Sprinkle with paprika. Bake in a 350°F oven for 15 minutes, or until bubbly. Serves 6.

Try the following version for lower calories, fat, saturated fat and cholesterol.

Chicken Imperial

2-10 oz pkgs. frozen broccoli,
cooked and drained
2 C cooked skinless, boneless
chicken breast
1-10¾ oz can cream of mushroom soup
⅔ C evaporated milk
¾ C grated cheddar or mild cheddar cheese
pepper
minced onion
seasoned salt
paprika

(use same directions as above)

Abbreviations

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qt=quart

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g=gram

k=kilogram

mL=milliliter

L=liter

c=Celsius

mm=millimeter

cm=centimeter

m=meter

Per serving: Calories, 294; fat, 13g; saturated fat, 6g; cholesterol, 88mg; sodium, 577mg; Vitamin A, 249RE; Vitamin C, 39mg; calcium, 246mg; dietary fiber, 4g.

Broccoli Rice Casserole

Judy Lane

- ½ C chopped onion
- ½ C chopped celery
- 1 C cooked rice
- 1-10 oz pkg. frozen chopped broccoli, cooked and drained
- 1-10½ oz can cream of mushroom soup
- 1-10½ oz can cream of chicken soup
- 1-8 oz jar Cheese Whiz

Saute onions and celery. Put cooked rice in a 2 qt casserole dish. Add chopped broccoli. Pour in both cans of soup, onion and celery. Mix well. Cover with Cheese Whiz and sprinkle with paprika. Bake at 350°F oven for 20 minutes. Serves 8.

Try the following version for lower calories, fat, saturated fat, cholesterol and sodium.

Broccoli Rice Casserole

- ½ C chopped onion
- ½ C chopped celery
- 1 C cooked brown rice
- 1-10 oz pkg. frozen chopped broccoli, cooked and drained
- 5 oz (½ can) cream of mushroom soup
- 5 oz (½ can) cream of chicken soup
- 1 C grated cheddar cheese

(use same directions as above)

Per serving: Calories, 125; fat, 7g; saturated fat, 4g; cholesterol, 16mg; sodium, 319mg; Vitamin A, 117RE; Vitamin C, 16mg; calcium, 134mg; dietary fiber, 2g.

Chinese Broccoli

LaRee Wilton

- 1½ lbs broccoli
- ¼ C butter or margarine
- ¼ C water
- 1 T soy sauce
- 1 C thinly sliced celery
- 1-5 oz can water chestnuts, drained and sliced (optional)
- 1 T sesame seeds

Trim outer leaves and tough ends from broccoli. Cut stalks and flowerets into 2 inch lengths, then slice thin lengthwise. Combine butter or margarine, water, and soy sauce in a large frying pan; heat to boiling. Stir in broccoli, celery, and water chestnuts. Heat to boiling again. Cover and steam 5 to 10 minutes, or just until broccoli is crispy tender. While broccoli cooks, heat sesame seeds in a small heavy frying pan over low heat, just until lightly toasted, shaking pan constantly, stir into broccoli mixture. Spoon into a heated serving bowl. Serve with additional soy sauce for sprinkling over the top. Serves 4.

Try the following version for lower calories, fat, saturated fat, cholesterol and sodium.

Chinese Broccoli

- 1½ lbs broccoli
- 1 T olive oil
- ¼ C water
- 1 T soy sauce
- 1 C thinly sliced celery
- 1-5 oz can water chestnuts, drained and sliced (optional)
- 1 T sesame seeds

(use same directions as above)

Per serving: Calories, 114; fat, 5g; saturated fat, .5g; cholesterol, 0mg; sodium, 328mg; Vitamin A, 326RE; Vitamin C, 71mg; calcium, 104mg; dietary fiber, 7g.

Abbreviations

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Blender Broccoli Soup

Marlene Bach

1-10 oz pkg. frozen, chopped broccoli
1½ C milk
1 C light cream
1 t instant minced onion
2 beef bouillon cubes, reconstituted
¼ t salt
dash pepper
dash ground nutmeg
sour cream and snipped
parsley or chives

Partially thaw broccoli and break into small chunks. Place in blender container with ½ C milk. Blend until the broccoli is very fine. Add the remaining milk and the next six ingredients. Blend until smooth, 45 to 60 seconds. Chill thoroughly. Serve topped with dollops of sour cream and snipped parsley or chives. Serves 4.

Try the following version for lower fat, calories and cholesterol.

Blender Broccoli Soup

1-10 oz pkg. frozen, chopped broccoli
1½ C 2% milk
½ C light cream
1 t instant minced onion
2 beef bouillon cubes, reconstituted
dash pepper
dash ground nutmeg
sour cream and snipped
parsley or chives

(use same directions as above)

Per serving: Calories, 121; fat, 6g; saturated fat, 4g; cholesterol, 18mg; sodium, 464mg; Vitamin A, 230RE; Vitamin C, 30mg; calcium, 194mg; dietary fiber, 3g.

Broccoli Cheese Casserole

Marlene Bach

2 T butter
2 T flour
1-3 oz pkg. softened cream cheese
1 C milk
¼ C crumbled blue cheese
2-10 oz pkgs. frozen chopped broccoli,
cooked and drained
cracker crumbs

In a saucepan, melt the butter, blend in flour and cheeses. Add milk, cook and stir until mixture boils. Stir in broccoli. Place in a 1 qt casserole. Top with cracker crumbs. Bake at 350°F for 30 minutes. Serves 8.

Try the following version for lower calories, fat, saturated fat, cholesterol and sodium.

Broccoli Cheese Casserole

1 T butter
2 T flour
1-3 oz pkg. softened cream cheese
1 C 2% milk
¼ C crumbled blue cheese
2-10 oz pkgs. frozen chopped broccoli,
cooked and drained
cracker crumbs

(use same directions as above)

Per serving: Calories, 109; fat, 7g; saturated fat, 4g; cholesterol, 21mg; sodium, 138mg; Vitamin A, 221RE; Vitamin C, 29mg; calcium, 105mg; dietary fiber, 3g.

Abbreviations

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Broccoli and Ham Casserole

Sharon Bell

12	slices bread
¼ lb	sharp cheddar cheese
1-10 oz	pkg. frozen broccoli, cooked and drained
2 C	diced ham or luncheon meat
6	eggs, slightly beaten
3 C	milk
2 T	minced onion
½ t	salt
¼ t	dry mustard

Cut the center of the bread out with a donut cutter. Reserve holes and donuts. Tear remaining pieces into bite-sized pieces. Place in a greased 13 x 9 inch pan. Layer cheese, broccoli, and ham over bread pieces, top with donuts and holes. Combine remaining ingredients and pour over layers. Cover and refrigerate six hours or overnight. Bake uncovered at 325°F for 55 minutes. Serves 12.

Try the following version for lower fat, calories, cholesterol and sodium.

Broccoli and Ham Casserole

12	slices 100% whole wheat bread
¼ lb	sharp cheddar cheese, low sodium, low fat
1-10 oz	pkg. frozen broccoli, cooked and drained
2 C	diced lean ham
Egg substitute for 6 eggs	
3 C	2% milk
2 T	minced onion
¼ t	dry mustard

(use same directions as above)

Per serving: Calories, 182; fat, 6g; saturated fat, 2g; cholesterol, 24mg; sodium, 571mg; Vitamin A, 116RE; Vitamin C, 16mg; calcium, 119mg; dietary fiber, 4g.

Cold Broccoli Mold

Jane Windsor

1-3 oz	pkg. cream cheese
2-10 oz	pkgs. frozen chopped broccoli
1-10½ oz	can chicken broth, undiluted
2	hard cooked eggs, chopped
1	envelope unflavored gelatin
1 t	lemon juice
	dash Worcestershire sauce
1 C	mayonnaise
	dash tabasco

Soften cream cheese. Cook broccoli and drain. Add cream cheese, melt. Soften gelatin with half of chicken broth. Dissolve over heat, and add rest of chicken broth. Stir into broccoli. Add mayonnaise, eggs, tabasco, and lemon juice. Chill until set. Serves 8.

Try the following version for lower calories, fat, saturated fat and sodium.

Cold Broccoli Mold

1-3 oz	pkg. cream cheese
2-10 oz	pkgs. frozen chopped broccoli
1-10 oz	can chicken broth, undiluted
2	hard cooked eggs, chopped
1	envelope unflavored gelatin
1 t	lemon juice
	dash Worcestershire sauce
1 C	light, low cal. mayonnaise
	dash tabasco

(use same directions as above)

Per serving: Calories, 170; fat, 14g; saturated fat, 3g; cholesterol, 75mg; sodium, 269mg; Vitamin A, 201RE; Vitamin C, 29mg; calcium, 54mg; dietary fiber, 3g.

Abbreviations

t=teaspoon	pt=pint	oz=ounce	mg=milligram	mL=milliliter	mm=millimeter
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Broccoli Supreme

Clara Saunders

1 slightly beaten egg
1-10 oz pkg. frozen broccoli, partially thawed
1-8½ oz can cream style corn
1 T grated onion
¼ t salt
dash pepper
1 C herb seasoned stuffing mix
3 T margarine

In a mixing bowl, combine egg, broccoli, corn, onion, salt and pepper. In a small saucepan, melt the margarine, add the stuffing mix, tossing to coat. Stir ¾ of the stuffing mix into the vegetable mixture. Turn into ungreased 1 qt casserole dish. Sprinkle remaining ¼ C stuffing mix on top. Bake uncovered in 350°F oven for 35 to 40 minutes. Serves 6.

Try the following version for lower cholesterol, and sodium.

Broccoli Supreme

1 slightly beaten egg white
1-10 oz pkg. frozen broccoli, partially thawed
1-8½ oz can cream style corn, low sodium
1 T grated onion
dash pepper
1 C herb seasoned stuffing mix
3 T light margarine / no salt

(use same directions as above)

Per serving: Calories, 152; fat, 8g; saturated fat, .5g; cholesterol, 0mg; sodium, 258mg; Vitamin A, 108RE; Vitamin C, 21mg; calcium, 41mg; dietary fiber, 2.5g.



Revised February 1993 by Barbara Greene, EFNEP / Nutrition Coordinator

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