



Broccoli



The part of the broccoli that is eaten is actually made up of little buds that are almost ready to make flowers. If broccoli is not harvested in time, it will burst into a head of tiny yellow flowers!



Broccoli has been enjoyed by mankind for over 2000 years and was a favorite vegetable of the Romans. It originally was grown in the eastern Mediterranean region. Broccoli was developed from a cabbage relative by the ancient Etruscans. From there it became very popular in Italy, and when immigrants arrived to the United States in the 1920's they brought their love for this vegetable with them. Today, California produces over 90% of the broccoli grown in the United States. But since many other states produce smaller crops of broccoli, this healthy vegetable is available all year round!

One half-cup serving of raw or cooked broccoli contains just 15 calories and is an excellent source of vitamin C and vitamin K.

Broccoli is related to cauliflower, kale, cabbage, and Brussels sprouts. All of these vegetables are called "cruciferous" vegetables because their four-petaled flowers resemble the four arms of a Greek cross.

Broccoli Salad

- 4 cups broccoli florets
- 1 1/2 cups seedless green grapes, halved
- 1 cup chopped celery
- 1 cup raisins
- 1/4 sunflower seed kernels

Dressing

- 1/3 cup light mayonnaise
- 1/4 cup plain fat-free yogurt
- 3 tablespoons sugar
- 1 tablespoon white vinegar

Combine first 5 ingredients in a bowl. Make the dressing by combining the last 4 ingredients, then pour dressing over the broccoli mixture. Chill and enjoy!

