What is broccoli?

Broccoli is a member of the cabbage family and is a very close relative to cauliflower. This delicious vegetable contains more nutrients than any other vegetable! Some of these nutrients include vitamins A, C, & D, beta carotene, calcium, fiber, iron and antioxidants. Consumption of foods high in antioxidants can help protect against cancer and heart disease.

What are some easy ways to prepare broccoli?

Try it raw, steamed, stir-fried, boiled, or roasted. Lightly steamed or boiled broccoli makes a delicious addition to any salad. Roasted broccoli with olive oil and garlic makes a fantastic side dish. Raw broccoli is a wonderful addition to a vegetable platter.

Super Fun Fact!

Did you know that the average American eats 4½ pounds of broccoli each year?