

# Fruit & Vege Co-op



## Broccoli

| STORAGE  | PREPARATION   |
|--|---|
| In the vegetable section of the fridge.  | <ul style="list-style-type: none"><li>- Wash well and peel the skin off the stem.</li><li>- Slice broccoli into florets and the stem into cubes.</li></ul>  |
| ADD FLAVOUR  | VEGE UP   |
| <ul style="list-style-type: none"><li>- Stir fry with a little oil, soy sauce and crushed garlic.</li><li>- Top with a little grated cheese (low fat such as Edam).</li><li>- Stir fry with other vegetables and add 1 tsp fresh ginger and 1 Tbsp honey.</li></ul>        | <ul style="list-style-type: none"><li>- Add to soups, curries and stews.</li><li>- Add lightly boiled broccoli to pasta bakes and stir-fries.</li><li>- Use raw or lightly cooked broccoli as a vegetable stick with hummus and other low fat dips.</li></ul> |
| COOKING  |   |
| <ul style="list-style-type: none"><li>- Boil in water, covered for 5 minutes or until just tender.</li><li>- Steam over boiling water for 5 minutes or until just tender.</li><li>- Microwave in a covered container with a little water (2 Tbsp) for 3 minutes.</li></ul> |   |

### RECIPE: Broccoli Quiche (Serves 5)

1 onion, finely chopped  
2 cups broccoli, chopped  
½ cup edam fat cheese, grated  
4 eggs  
1 ½ cups trim milk  
¾ cup self raising flour  
Pepper, to taste  
Canola oil (enough to lightly grease dish)



**FACT:** Broccoli is high in vitamin C making it good for your immune system

1. Preheat oven to 200°C and lightly grease an oven proof pie dish with oil.
2. Place onion and broccoli into dish. Sprinkle cheese over the top.
3. Lightly beat eggs and milk together in separate bowl.
4. Add self-raising flour and mix well, removing all the lumps.
5. Pour egg mixture over vegetables.
6. Bake for 30-35 minutes or until golden brown and set in the middle. Serve hot or cold.

#### Variations

- Add additional vegetables such as frozen mixed vegetables, cauliflower, grated zucchini or carrot.
- Add a can of creamed corn to the flour mixture.
- Add ham or bacon with the vegetables in step 2.

All recipes are available on our website by visiting [www.rph.org.nz](http://www.rph.org.nz) > Nutrition > Fruit and Vege Co-op

