



# Local broccoli

Availability:  
july to november

## Benefits

### → Did you know ?

The word "broccoli" means branch in Latin, even though it's actually the unopened florets that we eat. Broccoli can be cooked in the same way as cauliflower and is delicious blanched, raw, or slightly cooked.

### → Because it's so accommodating!

Broccoli takes only a few minutes to prepare. Once it's rinsed, dried and cut into florets, you can add it to any recipe that strikes your fancy!



## WHY EAT LOCAL ?

- To gain an awareness and appreciation of the different foods growing around us.
- To purchase produce that's picked when ripe, guaranteeing exceptional freshness.
- To encourage Quebec farmers and support our local economy.
- To preserve our territory and agricultural expertise.
- To minimize the distances travelled by our food, thereby reducing the harmful environmental impacts.
- To reduce purchases of packaged and over-packaged food.

## Broccoli salad



PORTIONS: 3 TO 4

10 MIN

### Ingredients

- 4 cups of broccoli florets
- 60 ml (¼ cup) Greek yogurt
- 15 ml (1 tbsp) coriander, chopped
- 15 ml (1 tbsp) mayonnaise
- 15 ml (1 tbsp) water
- 1 green onion, chopped
- 1 glove garlic, chopped
- Salt and pepper to taste

### Directions

- 1 Mix together all the ingredients for the vinaigrette, add the broccoli florets and toss to combine.
- 2 Season to taste.

Source : Julie Strecko, RD

## Broccoli and chicken stir fry



PORTIONS: 3 TO 4

10 MIN 15 TO 20 MIN

### Ingredients

- 350 g ground chicken
- 30 ml (2 tbsp) olive oil
- 4 gloves garlic, finely chopped
- 3 green onions, cut diagonally
- 1 broccoli, cut into florets (about 1.25 L or 5 cups)
- 1 red pepper, cut into strips
- 125 ml (½ cup) water
- Fish sauce and soy sauce to taste
- Fresh herbs to taste

### Directions

- 1 Brown the chicken in a pan about 5 min. Remove and set aside.
- 2 In the same pan, sauté the garlic and green onion in the oil 1 to 2 min.
- 3 Add the broccoli and peppers. Cook 10 to 15 min.
- 4 Add the cooked chicken and liquids. Cook another 5 min, or until the broccoli is cooked to your taste. If necessary, add a little water.

Source : Julie Strecko, RD

### Waste – reduction tip!

- To avoid wasting the broccoli branch, cut it into julienne strips and eat it raw or boil or steam it and add it to your purées.



### Salt alert!

- Fish sauce and soy sauce are both very high in sodium (salt). It's a good idea to choose a low-sodium version.