BROCCOLI

AVAILABILITY
Mid-July to mid-October

TRIM LOSS
Approximately 30 percent from leaves and woody stems.

FREEZING
Broccoli and other similar strong-flavored vegetables (brussels sprouts, cabbage and cauliflower) usually discolor and grow stronger in flavor when canned. For this reason, freezing is usually recommended and will result in a higher quality product.

Prepare Stalks
Select firm, young, tender stalks with compact heads. Remove leaves and woody portions. Immerse in brine (4 teaspoons salt to 1 gallon water) for 30 minutes to remove insects. Split lengthwise so flowerets are not more than 1 1/2 inches across. Rinse and drain.

Blanch
Blanch 3 minutes in boiling water or 5 minutes in steam. Cool promptly in cold water. Drain.

Pack
Pack into airtight freezer containers, leaving no head space. Seal and freeze.

YIELD

| 2-3 pounds | 2 pints frozen |
| 25-pound crate | 1 quart canned |
| 24 pints frozen | 10-12 quarts canned |

Quick Cheesy Broccoli Soup

2 tablespoons butter
1/4 cup sliced onion
2 small celery stalks, minced
1 1/2 cups chicken broth
1 cup mashed or riced cooked broccoli
1 cup light cream
1 cup cheddar cheese, grated
1/4 cup parmesan cheese, grated
salt and pepper

Saute onion and celery in melted butter. Add chicken broth and broccoli. Heat to boiling. Remove from heat and stir in cream and cheese. Do not allow soup to boil again once cream has been added. Season to taste. Garnish with 1 tablespoon chopped parsley or a light grating of nutmeg.

Summer Vegetable Salad

1 cup cherry tomatoes
2 cups broccoli flowerettes
2 cups cauliflower flowerettes
1 cup sliced carrots
1/2 medium cucumber, sliced
1 medium onion, chopped
1/2 cup celery, sliced
1 medium green pepper, chopped
2 cups fresh mushrooms, sliced
bottled or homemade Italian salad dressing

Combine vegetables in a large mixing bowl. Toss with enough Italian dressing to lightly coat. Allow salad to marinate in refrigerator 6 to 8 hours or overnight. Stir occasionally while marinating. Drain excess marinade from vegetables before serving.

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Rice and Broccoli Casserole

1/2 stick margarine, melted
1/4 cup diced celery
1/2 cup chopped onion
1 1/2 cups frozen broccoli pieces, thawed and drained
1 10-3/4 can condensed mushroom soup
1/2 cup processed cheese spread
1 cup rice, cooked

Saute celery and onion in margarine until tender.
Combine all ingredients and mix thoroughly.
Place in a covered 8-inch baking dish. Bake at 350°F for 30 minutes.

Broccoli Casserole

1 1/2 cups chopped broccoli, thawed and drained
2 eggs, well beaten
1 cup cottage cheese
4 ounces American cheese, grated
1 tablespoon flour
1/2 cup melted margarine

Mix all ingredients together in greased casserole.
Bake at 350°F for about 1 hour. During last 1/2 hour, top with cornflake crumb mixture: 1/2 cup crushed cornflakes and 1 tablespoon melted margarine.

Ham and Broccoli Casserole

3 cups frozen broccoli pieces
1/2 cup chopped onion
1/4 cup margarine
1 10-3/4 ounce can cream of mushroom soup
1 10-3/4 ounce can cream of celery soup
1 1/4 cups milk
3 cups cooked ham, cubed
1 cup shredded sharp cheese
2 cups quick cooking rice
1 1/2 teaspoons Worcestershire sauce

Cook broccoli in a small amount of boiling water until tender. Drain well. In saucepan, cook onion in margarine until tender but not brown. In large mixing bowl, combine soups, milk and cheese.
Add drained broccoli, cooked onion, ham, uncooked rice and Worcestershire sauce. Mix well.
Put in 2 1/2 quart casserole. Bake uncovered at 350°F until rice is done, about 45 to 50 minutes.

Chicken Broccoli Quiche

1 cup cooked diced chicken
1 1/2 cups cooked chopped broccoli
3 eggs
1 cup sour cream or plain yogurt
dash of hot pepper sauce or cayenne pepper
prepared 9-inch pie crust, baked

Preheat over to 350°F. Beat eggs and sour cream or yogurt until smooth. Add chicken, broccoli and seasoning. Pour mixture into baked pie crust.
Bake for 30 minutes or until set.

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