

RECIPE for health

OCTOBER 2008 In partnership with Health4U and University Housing

Featured Food:

BROCCOLI



Although ever-present at the supermarket, broccoli does have a growing season. Broccoli is a cole crop, a cool-season vegetable, from the Brassica family. Michigan-grown broccoli is harvested in late-summer through October.

A broccoli head is actually a cluster of flower buds. Look for broccoli with tight, compact bud clusters that are dark green; a blue or purple cast to the head is fine. Broccoli heads with open florets or yellow clusters are over-the-hill. Store broccoli in a perforated plastic bag in the refrigerator for up to a week, washing just before use.

How to Get Kids to Eat Broccoli (Eventually):

Step 1: Trim about one-inch from the bottom of the stem and discard. Remove the remainder of the stem and set aside. Cut the broccoli into large florets with short pieces of the stem attached. All the pieces should be similar size. Peel the stems and cut to similar thickness as the floret pieces.

Step 2: Place the broccoli in a steamer basket over boiling water, cover, and steam for three minutes. Lift the lid and remove stems and florets you want to serve cold. Put these in ice water until chilled, then drain and store covered in the refrigerator.*

Step 3: Partially covered (to allow the strong-tasting sulfur compounds to escape), continue to steam the rest of the broccoli for another five to eight minutes. It is done when bright green and tender-firm — a sharp knife can slide easily into the stems.

Step 4: Remove to a serving dish, season with salt and pepper to taste; drizzle with butter and/or lemon juice.

Step 5: Place the serving dish on the table and offer without pressure. This is the most difficult step but the most important to success. Just sit back and enjoy your broccoli.

*As part of another meal or snack, serve chilled broccoli sticks or florets with a favorite dip.

Cream of Fresh Broccoli Soup

from the kitchen of University Housing Dining Services
Serves 6 – 8

- 3 cups fresh broccoli florets
- ¼ cup diced onion
- ¼ cup diced celery
- 4 Tablespoons butter
- 4 Tablespoons flour
- 1 ½ Tablespoons vegetable base or chicken base
- 4 ½ cups 2% milk
- 1/8 teaspoon ground nutmeg
- Salt and pepper to taste

Wash and cut broccoli florets into bite size pieces. Sauté onion and celery in butter. Add flour and whisk together to make a roux. Allow to cook for five minutes. Stir in vegetable or chicken base. Slowly whisk in milk, stirring constantly until smooth. Bring to a low boil while still mixing. As thickening occurs, turn heat down. Add nutmeg and then broccoli. Simmer for at least 30 minutes, stirring occasionally. Taste. Add salt and pepper as needed. If soup is too thick, add more milk and slowly continue to heat.

Cream of Fresh Broccoli Soup will be featured in all MSU Residence Hall Dining Rooms at lunch on Wednesday, October 29. Once you try this delectable dish, you'll want to make it at home! Enjoy. For meal hours and complete menus, visit www.eatatstate.com.

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