

# Broccoli

As spring is in the air there is no doubt that people are out and about in their gardens and pruning trees. This simple task got me thinking about the funniest tree of them all – ok broccoli is not really a tree –but we all think of it as the little tree-like vegetable! In fact broccoli is part of the cabbage family referred to as *Brassicaceae*.

Broccoli, like most green vegetables, is high in Vitamin C; in addition to Vitamin A and Vitamin K. High in fiber with roughly 4g/1 cup of raw broccoli florets, this tasty veg can provide you with just over 15% of your daily fiber intake.

Broccoli contains the phytonutrients *sulforaphane* and the *indoles*, which have significant anti-cancer effects. The science is pretty technical but the fact remains that Broccoli is a great vegetable to include into your healthy lifestyle.

Depending on your cooking methods, you can lose some of these important nutrients, so instead of boiling broccoli in which case a lot of the nutrients get lost in the water I would recommend steaming, sautéing, roasting or for the pure simplicity of it, eat it raw!



One of my favorite ways to prepare this versatile vegetable is to roast it! Seriously roasted broccoli is FABULOUS. To prepare the broccoli cut into med size spears – say 1-2”, you do want to make sure that after you wash it ensure that you dry it. As with most roasted vegetable I like to coat it with extra virgin olive oil, a little sea salt and fresh cracked black pepper and then it is super simple, in a pre-heated 425 degree oven roast for 10mins then flip and do the other side. I love to use this as a great side dish but it is also great serves over brown basmati rice, a tbsp or two of hummus dip and voila you have your greens, some protein and some complex carbs –and it tastes great too!

Bon Appetite!