Cooking with Broccoli



Broccoli is high in vitamin C and dietary fiber, and contains multiple nutrients, including dindolylmethane and selenium, that have been shown to exhibit potent anti-cancer properties. Broccoli is also particularly rich in lutein, carotenoids, and beta-carotene. A high intake of broccoli has even been found to reduce the risk of aggressive prostate cancer in several studies. Broccoli consumption has also been shown to be beneficial in the prevention of heart disease. However, the benefits of broccoli are greatly reduced if boiled, so to maintain the health benefits of this cruciferous vegetable, it’s best to eat it raw or roasted, as prepared below.

# Roasted Broccoli with Garlic and Red Pepper

[Adapted from a recipe by Black Bottle in Seattle Washington, that appeared in Bon Appétit, January 2009 issue]

1 1/4 pounds broccoli crowns

3 1/2 tablespoons olive oil, divided

2 garlic cloves, minced

Large pinch of dried crushed red pepper

1.Preheat oven to 450°F and cut broccoli into florets, making about 8 cups.

2.Toss broccoli and 3 tablespoons oil in large bowl until well-coated.

3.Sprinkle with salt and pepper and transfer to rimmed baking sheet.

4.While broccoli roasts for approximately 15 minutes, mix remaining oil with garlic and red pepper in small bowl.

5.Drizzle garlic mixture over broccoli and toss to spread mixture evenly.

6.Roast until broccoli just begins to brown - about 8 minutes longer.

7.Season to taste with salt and pepper and serve while still piping hot.

**Yields 4 to 6 servings.**