

RESCUE*RECIPE - ZIPPY BROCCOLI

INGREDIENTS

1 large head of broccoli - You can use old broccoli even if the florets are starting to go yellow.

(see more about yellowing broccoli in the Funky Fun Fact)

½ lime (zest optional if skin is in good condition)

½ cup chopped almonds

Salt to taste

Parsley optional

DIRECTIONS

Step 1 – Wash and cut broccoli into bite sized florets. Remove any tough skin but use all of the crisp stem.

Step 2- Steam the florets until just done, about 4 minutes (until a fork can just pierce the green stem).

Step 3- While the broccoli is steaming, dry fry the almonds in a pan until slightly brown.

Step 4 – Drain any water off of the broccoli. Toss with almonds, lime juice zest. Sprinkle with salt and chopped parsley. Serve hot as a side dish.



From this... to this....



FUNKY FOOD FACT:

BROCCOLI IS A SUPER HEALTHY FOOD! IT CONTAINS VITAMINS C & K, POTASSIUM, FIBER AND EVEN IRON! THE GREEN APPEARANCE COMES FROM CHLOROPHYLL WHICH HAS MANY POTENTIAL BENEFITS, TOO. YELLOWING CAN HAPPEN WHEN THE CHLOROPHYLL BREAKS DOWN. IT IS NOT HARMFUL BUT MAY BEGIN TO ADD MORE BITTER FLAVOUR NOTES. OVERCOOKING CAN ALSO CAUSE BROCCOLI TO YELLOW. SO LIGHTLY STEAM THIS VEG FOR THE BEST NUTRITIOUS RESULTS.