

## **FAST AND FABULOUS BROCCOLI RECIPES FROM PAM COLLACOTT**

### **GRILLED BROCCOLI**

Cut broccoli into large spears. Steam or microwave briefly, just until bright and crisp-tender. Brush with your favourite oil and vinegar or Italian dressing. Grill briefly, just until tender. Transfer to serving bowl; sprinkle generously with freshly grated Parmesan cheese. Serve hot.

### **BROCCOLI STUFFED BAKED POTATO**

Scrub and bake 1 large baking potato. Cut in half lengthwise; scoop pulp into bowl along with 2 tablespoons each: shredded sharp cheddar and light sour cream or plain yogurt. Mash then add ¼ cup finely chopped broccoli, ¼ cup chopped ham (optional) and salt and pepper to taste. Spoon filling back into potato shells. Heat in microwave on High for 1 to 2 minutes, or in 350 F oven until heated through, 10 to 15 minutes. Serves 1 or 2.

### **SESAME BROCCOLI**

In a medium skillet, heat together 1 tablespoon vegetable oil and a few drops sesame oil. Add a dash of soy sauce if desired. Stir in 1 tablespoon sesame seeds, 1 small minced clove garlic (to taste) and 4 to 5 cups broccoli florets. Cook and stir until seeds are golden and broccoli is crisp-tender. Transfer broccoli to serving dish and drizzle sesame seed mixture over.

### **EASY VEGGIE SAUCE**

Stir 1 to 2 teaspoons grainy Dijon mustard (to taste) into ¼ cup low fat sour cream. Add fresh lemon juice to taste if desired. Heat in microwave or on stovetop until just hot, then drizzle over 1 pound of hot cooked broccoli, green beans or asparagus.

### **DILL LEMON MAYO**

Stir together ½ cup light or full fat mayonnaise, ¼ cup snipped fresh dill, 1 teaspoon lemon zest, 2 teaspoons fresh lemon juice and salt and pepper to taste. Toss with 8 cups hot cooked broccoli, carrots, cauliflower or a combination of these.

### **Other Quick Tips**

\*\*Don't throw out the stems! Peel them if the skin is tough then chop and freeze for soups and sauces, cut into sticks to dip or grate and add to salads.

\*\*To freeze broccoli, Wash, pat dry and cut into pieces as desired. Blanch in boiling water for 3 minutes then immediately refresh in ice water until cool. Drain, pat dry and freeze in serving-size quantities. Label and date packages.

\*\*Add chopped raw or cooked broccoli to your favourite frittata or quiche.

\*\*Broccoli on pizza? Why not!