



# Lightly Steamed and Chilled Broccoli



## Family Recipe

Serves 6

### Ingredients:

- 2 bunches of broccoli, florets cut off, stems trimmed, peeled and sliced into discs.
- 2 teaspoons Kosher salt

### Directions:

1. Put 2 inches of water into a large pot. Add the salt and bring the water to a boil.
2. Add the broccoli and stir. Cover the pot and steam the broccoli for 3 minutes.
3. Uncover the pot and stir the broccoli again. Cover the pot and continue steaming until it is bright green and still a little crunchy, about 3 minutes more.
4. Drain the broccoli into a large colander and run cold water over it. Gently lift the broccoli from the bottom to the top to be certain it comes in contact with the cold water.
5. Serve with a drizzle of olive oil or a little margarine. You could also sprinkle it with a little lemon juice, and/or pepper.

Note: This technique works well with cauliflower and green beans as well.

**For the best flavor, use ingredients in season from a farmers' market or in winter ask at the supermarket for vegetables grown on a local farm.**

For more information, email [dolcott@challiance.org](mailto:dolcott@challiance.org).

The *Tasty Choices* program, a partnership between Public Health Department nutritionists and the Cambridge Schools' Food Services Department, introduces fresh and appealing foods to school menus. Chef Vin Connelly works with food service staff to develop healthy, seasonal recipes for the city's public schools. The program engages students in taste tests and learning activities. Founding partners are the Cambridge Public Health Department, Cambridge Public Schools, Institute for Community Health, and CitySprouts school gardens. *Tasty Choices* is coordinated by Dawn Olcott, a nutritionist with the Cambridge Public Health Department's School Health Program.

**Do 5-2-1 Every Day!**

**5 servings of fruits & vegetables**

**2 hours or less of TV/screen time**

**1 hour of physical activity**