

HEALTHY BROCCOLI RECIPES



Broccoli,
Cannellini
Bean &
Cheddar
Soup

Broccoli &
Tortellini
Salad with
Arugula
Pesto

Chipotle-
Orange
Broccoli &
Tofu

Seared
Salmon
with Braised
Broccoli

Shrimp
with Broccoli

Stovetop
Chicken
& Broccoli
Casserole

Broccoli,
Ham &
Cheese
Quiche

Stir-Fried
Chile Beef &
Broccoli

Healthy Broccoli Recipes

BROCCOLI, CANNELLINI BEAN & CHEDDAR SOUP

☐ Heart Health ☒ Diabetes
☐ Weight Loss ☒ Gluten Free

ACTIVE: 20 MIN **TOTAL:** 20 MIN

White beans pureed into this broccoli soup make it extra creamy so you don't need heaps of cheese to do the job.

- 1 14-ounce can reduced-sodium chicken broth or vegetable broth
- 1 cup water
- 1 pound broccoli crowns, trimmed and chopped (about 6 cups)
- 1 14-ounce can cannellini beans, rinsed (see *Tip*)
- $\frac{1}{4}$ teaspoon salt
- $\frac{1}{4}$ teaspoon ground white pepper
- 1 cup shredded extra-sharp Cheddar cheese

1. Bring broth and water to a boil in a medium saucepan over high heat. Add broccoli, cover and cook until tender, about 8 minutes. Stir in beans, salt and pepper and cook until the beans are heated through, about 1 minute.

2. Transfer half the mixture to a blender with half the cheese and puree. (Use caution when pureeing hot liquids.) Transfer to a bowl. Repeat with the remaining broccoli mixture and cheese. Serve warm.

SERVES 6: SCANT 1 CUP EACH

Per serving: 153 calories; 7 g fat (4 g sat, 0 g mono); 21 mg cholesterol; 15 g carbohydrate; 0 g added sugars; 11 g protein; 6 g fiber; 437 mg sodium; 435 mg potassium.

Nutrition bonus: Vitamin C (94% daily value), Vitamin A (25% dv), Calcium (21% dv).

Carbohydrate servings: $\frac{1}{2}$

Exchanges: 1 starch, 1 vegetable, $\frac{1}{2}$ lean meat



MAKE IT A MEAL:
SERVE WITH
A CRUNCHY
WHOLE-GRAIN ROLL
& A GLASS OF
WINTER ALE

TIP

While we love the convenience of canned beans, they tend to be high in sodium. Give them a good rinse before adding to a recipe to rid them of some of their sodium (up to 35 percent) or opt for low-sodium or no-salt-added varieties. (These recipes are analyzed with rinsed, regular canned beans.)

Healthy Broccoli Recipes

BROCCOLI & TORTELLINI SALAD WITH ARUGULA PESTO

☒ Heart Health ☐ Diabetes
☐ Weight Loss ☐ Gluten Free

ACTIVE: 30 MIN **TOTAL:** 30 MIN

TO MAKE AHEAD: Cover and refrigerate for up to 4 hours.

A quick homemade arugula pesto dresses this simple broccoli and tortellini salad recipe.

- 1 medium clove garlic
- 5 cups baby arugula
- ½ cup shredded Pecorino or Parmesan cheese
- ¼ cup extra-virgin olive oil
- ¼ cup plus 2 tablespoons toasted pine nuts, divided
- 2 teaspoons freshly grated lemon zest
- ¼ teaspoon salt
- 2 9- to 10-ounce packages fresh cheese tortellini, preferably whole-wheat
- 5 cups small broccoli florets

1. Put a large pot of water on to boil.
2. With the motor running, drop garlic through the feed tube of a food processor; process until minced. Turn it off and add arugula, cheese, oil, ¼ cup pine nuts, lemon zest and salt. Process, scraping down the sides as necessary, until the mixture is fairly smooth; leave the pesto in the blender while you cook the tortellini.
3. Cook tortellini in the boiling water until just tender, 6 to 8 minutes or according to package directions. Place broccoli in a colander and set it in the sink. Reserve ½ cup of the pasta-cooking liquid, then pour the tortellini and the rest of the cooking liquid over the broccoli in the colander. (Pouring the hot pasta and cooking liquid over the broccoli “flash-cooks” it, leaving it bright green and tender-crisp.)
4. Add the reserved ½ cup cooking liquid to the pesto in the blender; pulse to combine. Transfer the tortellini and broccoli to a large bowl. Toss with the pesto. Serve sprinkled with the remaining 2 tablespoons pine nuts.

SERVES 6: ABOUT 1⅓ CUPS EACH



MAKE IT A MEAL:
SERVE WITH
FRESH SLICED
TOMATOES
DRIZZLED WITH
OLIVE OIL

Per serving: 445 calories; 23 g fat (5 g sat, 9 g mono); 35 mg cholesterol; 45 g carbohydrate; 0 g added sugars; 16 g protein; 5 g fiber; 605 mg sodium; 314 mg potassium.
Nutrition bonus: Vitamin C (99% daily value), Vitamin A (45% dv), Folate (16% dv).

Healthy Broccoli Recipes

CHIPOTLE-ORANGE BROCCOLI & TOFU

<input checked="" type="checkbox"/> Heart Health	<input checked="" type="checkbox"/> Diabetes
<input checked="" type="checkbox"/> Weight Loss	<input type="checkbox"/> Gluten Free

ACTIVE: 30 MIN **TOTAL:** 30 MIN

Chipotle peppers add kick to this tofu and broccoli stir-fry recipe. If you're shy about spice, cut back on the amount or leave them out completely.

- 1 14-ounce package extra-firm water-packed tofu
- ½ teaspoon salt, divided
- 3 tablespoons canola oil, divided
- 6 cups broccoli florets
- 1 cup orange juice
- 1 tablespoon minced chipotle in adobo (see Tip), seeded if desired
- ½ cup chopped fresh cilantro

1. Drain tofu and pat dry; cut into ½- to ¾-inch cubes. Sprinkle tofu on all sides with ¼ teaspoon salt. Heat 2 tablespoons oil in a large nonstick skillet over medium-high heat. Add tofu and cook in a single layer, stirring every couple of minutes, until golden brown, 7 to 9 minutes total. Transfer to a plate.

2. Add the remaining 1 tablespoon oil and broccoli to the pan and sprinkle with the remaining ¼ teaspoon salt; cook, stirring, until the broccoli is bright green, about 1 minute. Add orange juice and chipotle and cook, stirring frequently, until the broccoli is just tender, 2 to 3 minutes more.

3. Return the tofu to the pan. Cook, gently stirring, until the tofu is heated through, 1 to 2 minutes. Remove from the heat and stir in cilantro.

SERVES 4: ABOUT 1 ¼ CUPS EACH

Per serving: 242 calories; 17 g fat (1 g sat, 11 g mono); 0 mg cholesterol; 14 g carbohydrate; 0 g added sugars; 13 g protein; 4 g fiber; 337 mg sodium; 612 mg potassium.

Nutrition bonus: Vitamin C (219% daily value), Vitamin A (69% dv), Folate (28% dv), Calcium (24% dv), Magnesium (22% dv), **Potassium** (18% dv), Iron (17% dv).

Carbohydrate servings: 1

Exchanges: ½ fruit, 1 vegetable, 1½ medium-fat meat, 2 fat



**MAKE IT A MEAL:
SERVE WITH
BROWN
BASMATI RICE**

TIP

Look for the small cans of chipotle chiles in adobo sauce with Mexican foods at large supermarkets.

Healthy Broccoli Recipes

SHRIMP WITH BROCCOLI

- ☒ Heart Health ☒ Diabetes
- ☒ Weight Loss ☒ Gluten Free

ACTIVE: 25 MIN **TOTAL:** 25 MIN

Here's an example of international cooking at its fastest and best: a speedy Asian takeout favorite given an update with the Italian sparkle of basil, garlic and lemon.

- $\frac{2}{3}$ cup bottled clam juice or reduced-sodium chicken broth
- 1 teaspoon cornstarch
- 1 tablespoon minced garlic, divided
- 3 teaspoons extra-virgin olive oil, divided
- $\frac{1}{4}$ - $\frac{1}{2}$ teaspoon crushed red pepper
- 1 pound raw shrimp (21-25 per pound), peeled and deveined
- $\frac{1}{4}$ teaspoon salt, divided
- 4 cups broccoli florets
- $\frac{2}{3}$ cup water
- 2 tablespoons chopped fresh basil or parsley
- 1 teaspoon lemon juice
- Freshly ground pepper to taste
- Lemon wedges

1. Combine clam juice (or broth), cornstarch and half the garlic in a small bowl; whisk until smooth. Set aside.

2. Heat $1\frac{1}{2}$ teaspoons oil in a large nonstick skillet over medium-high heat. Add the remaining garlic and crushed red pepper to taste; cook, stirring, until fragrant but not browned, about 30 seconds. Add shrimp and $\frac{1}{8}$ teaspoon salt. Sauté until the shrimp are pink, about 3 minutes. Transfer to a bowl.

3. Add the remaining $1\frac{1}{2}$ teaspoons oil to the pan. Add broccoli and the remaining $\frac{1}{8}$ teaspoon salt; cook, stirring, for 1 minute. Add water, cover and cook until the broccoli is crisp-tender, about 3 minutes. Transfer to the bowl with the shrimp.

4. Add the reserved clam juice mixture to the pan and cook, stirring, over medium-high heat, until thickened, 3 to 4 minutes. Stir in basil (or parsley) and season with lemon juice and pepper. Add the shrimp and broccoli; heat through. Serve immediately, with lemon wedges.

SERVES 4: $1\frac{1}{2}$ CUPS EACH



Per serving: 155 calories; 4 g fat (1 g sat, 3 g mono); 184 mg cholesterol; 5 g carbohydrate; 0 g added sugars; 25 g protein; 2 g fiber; 349 mg sodium; 607 mg potassium.

Nutrition bonus: Vitamin C (113% daily value), Vitamin B₁₂ (54% dv), Vitamin A (49% dv), Folate (19% dv), Potassium (17% dv), Magnesium (16% dv).

Carbohydrate servings: 0

Exchanges: 1 vegetable, 3 lean meat

TIPS

Shrimp are sold by the number needed to make one pound—for example, “21-25 count” or “31-40 count”—and by more generic size names, such as “large” or “extra large.” Size names don’t always correspond to the actual “count size.” To be sure you’re getting the size you want, order by the count (or number) per pound.

Healthy Broccoli Recipes

SEARED SALMON WITH BRAISED BROCCOLI

✓ Heart Health ✓ Diabetes
✓ Weight Loss ✓ Gluten Free

ACTIVE: 40 MIN **TOTAL:** 40 MIN

Here we pair pan-seared salmon with braised broccoli and make it special with a quick, Italian-inspired topping of sautéed onions, pine nuts and raisins.

- 1¼ pounds wild Alaskan salmon fillet, skinned (see *Tip*) and cut into 4 portions
- 1 tablespoon chopped fresh rosemary or 1 teaspoon dried, divided
- 1 teaspoon salt, divided
- 2 heads broccoli (1-1½ pounds), trimmed
- 1½ tablespoons extra-virgin olive oil, divided
- 1 small onion, diced
- 3 tablespoons raisins
- 2 tablespoons pine nuts
- ½ cup water

1. Season salmon with half the rosemary and ½ teaspoon salt at least 20 minutes and up to 1 hour before cooking. Cut the broccoli into florets with 2-inch-long stalks. Remove the tough outer layer of the stalk with a vegetable peeler. Cut the florets in half lengthwise.

2. Heat 1 tablespoon oil in a large wide saucepan over medium heat. Add onion and cook, stirring occasionally, until translucent, 3 to 4 minutes. Add raisins, pine nuts and the remaining rosemary; toss to coat with oil. Cook, stirring, until the pine nuts are fragrant and beginning to brown, 3 to 5 minutes. Add the broccoli, season with the remaining ½ teaspoon salt and toss to combine. Add water and bring to a boil. Reduce heat to maintain a gentle simmer and cook, stirring occasionally, until the water has almost evaporated, 8 to 10 minutes.

3. Meanwhile, heat the remaining ½ tablespoon oil in a large nonstick skillet over medium-high heat. Add salmon, skinned-side up, and cook until golden brown, 3 to 5 minutes. Turn the salmon over, remove the pan from the heat and let stand until just cooked through, 3 to 5 minutes more.



4. To serve, divide the broccoli among 4 plates. Top with salmon and spoon raisins, pine nuts and any liquid remaining in the pan over the salmon.

SERVES 4

Per serving: 311 calories; 14 g fat (2 g sat, 7 g mono); 66 mg cholesterol; 16 g carbohydrate; 0 g added sugars; 32 g protein; 5 g fiber; 699 mg sodium; 960 mg potassium.

Nutrition bonus: Vitamin C (129% daily value), Vitamin A (40% dv), Potassium (28% dv), Magnesium (20% dv), omega-3s.

TIP

To skin salmon, place the salmon fillet on a clean cutting board, skin side down. Starting at the tail end, slip the blade of a long, sharp knife between the fish flesh and the skin, holding the skin down firmly with your other hand. Gently push the blade along at a 30° angle, separating the fillet from the skin without cutting through either.

Healthy Broccoli Recipes

STOVETOP CHICKEN & BROCCOLI CASSEROLE

☐ Heart Health ☐ Diabetes
☐ Weight Loss ☐ Gluten Free

ACTIVE: 25 MIN **TOTAL:** 40 MIN

We trimmed 9 grams of fat and almost 100 calories in this makeover of cheesy chicken-and-broccoli casserole. All the raw ingredients are layered in a skillet, then simmered for a quick weeknight dinner.

- 8 ounces whole-wheat egg noodles
- 1 14-ounce can reduced-sodium chicken broth
- 1 pound boneless, skinless chicken breasts, trimmed, cut into $\frac{3}{4}$ -inch pieces
- 1 14- to 16-ounce package frozen broccoli florets, thawed and chopped, if desired
- $1\frac{1}{2}$ cups skim milk
- $\frac{1}{2}$ cup reduced-fat mayonnaise
- 3 tablespoons all-purpose flour
- $1\frac{1}{2}$ teaspoons dry mustard
- $\frac{1}{2}$ teaspoon garlic powder
- $\frac{1}{4}$ teaspoon salt
- $\frac{1}{4}$ teaspoon freshly ground pepper
- $1\frac{1}{2}$ cups shredded Colby-Jack or Cheddar cheese

1. Place noodles in a large skillet. Pour broth over the noodles. Layer chicken, then broccoli over the noodles.
2. Whisk milk, mayonnaise, flour, dry mustard, garlic powder, salt and pepper in a medium bowl. Pour over the broccoli.
3. Bring to a simmer over medium-high heat. Reduce heat to maintain a simmer, cover and cook, stirring once or twice, until the noodles and chicken are cooked through, 15 to 18 minutes.
4. Meanwhile, position rack in upper third of oven; preheat broiler.
5. When the casserole is done, sprinkle cheese on top and broil until lightly browned, about 3 minutes.

SERVES 6



Per serving: 446 calories; 15 g fat (7 g sat, 4 g mono); 75 mg cholesterol; 41 g carbohydrate; 1 g added sugars; 33 g protein; 6 g fiber; 662 mg sodium; 424 mg potassium.

Nutrition bonus: Vitamin C (45% daily value), Calcium (30% dv), Vitamin A (23% dv), Folate (16% dv).

Healthy Broccoli Recipes

BROCCOLI, HAM & CHEESE QUICHE

☐ Heart Health ☒ Diabetes
☐ Weight Loss ☐ Gluten Free

ACTIVE: 20 MIN **TOTAL:** 2 HRS

TO MAKE AHEAD: Prepare crust; cool, wrap and refrigerate for up to 1 day. Let stand at room temperature while you continue with Step 3 and preheat oven.

EQUIPMENT: 9-inch springform pan

This quiche recipe is full of broccoli, Cheddar cheese and smoky ham surrounded by a crispy hash brown crust. Look for precooked shredded potatoes in the dairy section or in the produce section—or use frozen hash brown potatoes in this easy quiche recipe.

- 16 ounces precooked shredded potatoes or frozen hash browns (thawed)
- 1¾ cups liquid egg substitute, such as Egg Beaters, divided
- 2 tablespoons all-purpose flour
- 1 tablespoon canola oil or extra-virgin olive oil
- ¼ teaspoon salt
- 2 cups finely chopped broccoli florets
- 1 cup shredded extra-sharp Cheddar cheese
- ¾ cup finely diced smoked ham
- ¾ cup reduced-fat sour cream
- ¼ cup minced fresh chives
- ⅛ teaspoon freshly ground pepper

1. Preheat oven to 375°F. Generously coat a 9-inch springform pan with cooking spray. Line a rimmed baking sheet with foil.

2. If using hash browns, squeeze any excess moisture from the thawed potatoes. Toss shredded potatoes (or hash browns) with ¼ cup egg substitute, flour, oil and salt in a medium bowl. Pat the mixture into the bottom and 2 inches up the sides of the prepared springform pan. Bake until the potatoes are beginning to brown at the edges, 35 to 40 minutes.

3. Fill the crust with broccoli, cheese and ham. Whisk the remaining 1½ cups egg substitute, sour cream, chives and pepper in a medium bowl. Place the pan on the prepared baking sheet and pour the egg mixture over the filling.

4. Bake the quiche until the center is just set,



50 minutes to 1 hour. Let cool for 15 minutes. Run a knife around the edges to loosen the sides, remove the pan sides and cut the quiche into wedges.

SERVES 6

Per serving: 296 calories; 16 g fat (7 g sat, 5 g mono); 42 mg cholesterol; 17 g carbohydrate; 0 g added sugars; 22 g protein; 2 g fiber; 603 mg sodium; 440 mg potassium.

Nutrition bonus: Vitamin C (52% daily value), Vitamin A (28% dv), Calcium (22% dv), Iron (16% dv), Zinc (15% dv).

Healthy Broccoli Recipes

STIR-FRIED CHILE BEEF & BROCCOLI

✓ Heart Health ✓ Diabetes
✓ Weight Loss ✓ Gluten Free

ACTIVE: 30 MIN **TOTAL:** 30 MIN

This quick stir-fry features broccoli and flank steak in a flavorful sauce. This dish is typical of many traditional Chinese stir-fries—the sauce just clings to the beef and vegetables but is not enough to spoon over rice. Marinating beef is essential for ensuring the meat is flavorful. The meat does not marinate overnight, as in traditional Western recipes. The moment the beef is combined with the seasonings it is ready to be stir-fried.

- 5 cups bite-size broccoli florets (12 ounces), stems cut into ¼-inch pieces
- 12 ounces flank steak, trimmed
- 1 tablespoon minced garlic
- 1 tablespoon minced, fresh ginger
- 2 teaspoons reduced-sodium soy sauce
- 2 teaspoons plus 1 tablespoon Shao Hsing rice wine (see Tip) or dry sherry, divided
- 1½ teaspoons cornstarch
- ½ teaspoon salt
- ⅛ teaspoon freshly ground pepper
- 2 tablespoons hoisin sauce
- 1 tablespoon Sriracha or hot chile sauce, plus more to taste
- 2 tablespoons peanut oil or canola oil, divided
- 1 small red onion, thinly sliced

1. Steam broccoli over an inch of boiling water in a large saucepan fitted with a steamer basket until bright green, about 1 minute. Transfer to a colander to drain.
2. Cut steak with the grain lengthwise into 2-inch-wide pieces. Cut each strip across the grain into ¼-inch-thick slices. Combine the steak, garlic, ginger, soy sauce, 2 teaspoons rice wine (or sherry), cornstarch, salt and pepper in a medium bowl. Stir to combine. Mix hoisin sauce, chile sauce and the remaining 1 tablespoon rice wine (or sherry) in a small bowl.
3. Heat a 14-inch flat-bottomed wok over high heat until a bead of water vaporizes within 1 to 2 seconds of contact. Swirl in 1



TIP

Shao Hsing (or Shaoxing) is a seasoned rice wine. It is available at most Asian specialty markets and in the Asian section of some larger supermarkets. If unavailable, dry sherry is the best substitute.

tablespoon oil. Carefully add the beef in one layer. Cook undisturbed for 1 minute, letting it begin to sear. Then, stir-fry until lightly browned but not quite cooked through, about 1 minute. Transfer to a plate.

4. Swirl the remaining 1 tablespoon oil into the wok, add onion and cook until just translucent, about 30 seconds. Add the broccoli and stir until just combined, about 15 seconds. Return the beef and any juice to the wok. Stir the hoisin sauce mixture again and swirl it into the wok. Stir-fry until the beef is just cooked through, about 1 minute. Sea-

son with more chile sauce, if desired.

SERVES 4: ABOUT 1 ¼ CUPS EACH

Per serving: 246 calories; 12 g fat (3 g sat, 5 g mono); 53 mg cholesterol; 13 g carbohydrate; 2 g added sugars; 22 g protein; 3 g fiber; 655 mg sodium; 627 mg potassium.

Nutrition bonus: Vitamin C (135% daily value), Vitamin A (51% dv), Zinc (25% dv), Folate (19% dv), Potassium (18% dv).

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ABOUT EATINGWELL HEALTH TAGS

A recipe checked...

- ☒ **Heart Health** has limited saturated fat.
- ☒ **Diabetes** is low in calories and meets limits for Carbohydrate Servings.
- ☒ **Weight Loss** has reduced calories (and limited saturated fat).
- ☒ **Gluten Free** does not contain wheat, rye, barley or oats. (Many processed foods, such as broths, soy sauce and other condiments, may contain hidden sources of gluten. If a recipe calls for a packaged [e.g., canned] ingredient, we recommend that you carefully read the label to make sure you pick a brand that does not contain a hidden source of gluten. Also, please note that while a recipe may be marked "Gluten Free," the serving suggestions that accompany it may contain gluten.)

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