

Beautiful

Available, affordable, and growable, broccoli is a mainstay veggie

on the American table. But is broccoli a bore? Not when you elevate

it from a second-thought side to the star of the plate.



PARENTS FIND ALL MANNER OF ways to drum up enthusiasm for broccoli. They call it ‘trees,’ dump cheese on it, or serve it fresh as a vehicle for creamy dips. There are reasons for this. One, it’s good for you. Two, it can be a little bland and to some a bit bitter. And three, it’s just always around. In fact, the Green Giant himself reports it’s the most consumed vegetable in the U.S. for a few years running.

But we think ubiquitous broccoli is under-appreciated as one of the top superfoods in our grocery carts and gardens. To get a pro’s take, we turned to a superfan of the food, celebrity dietician Ashley Koff R.D., founder and CEO of The Better Nutrition Program. “It’s my favorite food,” she says. “Although I don’t think I’m supposed to have favorites as an R.D. I love it in so many ways. Yes, for all its nutrient benefits, but also because it can just look so beautiful, and I love meals that look great too.”

Its nutrient bona fides are measurable. “From its seed and sprout to florets,” Ashley says, “it packs a critical antioxidant called glucoraphanin which the body’s detoxification system uses to convert toxins—like used hormones, air pollutants, chemicals, and waste—to a form that can be eliminated effectively. I believe effective detoxification is one of the most important needs to maintain health in 2022. It’s so messy out there and even living healthfully, we create quite a mess inside of us. We don’t have to avoid everything when we support the body’s efforts to detoxify.”

Broccoli is a tasty way to clean up our inner messes, ridding the body of toxins that can damage cells and tissues and can contribute to the onset of disease. Even more, all parts of the broccoli pack in the nutrients the body needs to operate at its best. “The leaves give your body key minerals like potassium, calcium, and magnesium,” Ashley says. “The stem provides fiber and packs even more potassium—an important nutrient we struggle to eat enough of to meet our daily needs. Broccoli delivers vitamin C to support immune health as well as to help the body absorb iron effectively. By the way, broccoli happens to contain iron. It also provides vitamin K to help build and maintain bone strength, and it helps the body absorb vitamin D.”

Broccoli offers substance in other ways, too, and quite literally. It’s dense, fibrous, and filling. “As a dietitian,” Ashley says. “I love a main course that fills me up deliciously and gives my body loads of the nutrients it needs. So, personally and professionally, I recommend broccoli as a main course that can be accessorized with other delicious ingredients. Sometimes we just need to eat more to feel satisfied and that’s where broccoli can shine as a main or a foundation at a meal.”

To prove her point, we present these amazing and creative recipes for elevating broccoli to main-course status—and winter comfort food. Using frozen and fresh and stem to floret, these dishes showcase the veggie’s versatility.

BROCCOLI

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Broccoli Leek Latkes with Caramelized Onion Yogurt Dip

Makes 6 latkes; 1½ cups dip

GATHER

FOR LATKES

- 1 medium leek
- 1 teaspoon sea salt
- 1 head broccoli (approximately 1 pound)
- 2 teaspoons black mustard seeds
- 1 cup chickpea flour (we love the Bob's Red Mill brand)
- ¼ cup avocado oil
- 1 small bunch chives, for garnish

FOR CARAMELIZED ONION DIP

- 1 yellow onion
- 1 tablespoon avocado oil
- 1 tablespoon maple syrup
- 1 tablespoon apple cider vinegar
- ½ teaspoon sea salt
- 1 cup plain coconut yogurt (or yogurt of choice)

MAKE IT

TO MAKE BROCCOLI LEEK LATKES

- Trim tougher green part and root of leek. Cut remainder in half lengthwise and slice (approximately 2 cups). Place in a large bowl of water and massage to loosen any lodged sand. Scoop out leek pieces without agitating any sand that might have fallen to the bottom. Rinse out bowl and return leek pieces to bowl. Pat dry. Massage leeks with salt to soften them.
- Grate broccoli crown into bowl with leeks (approximately 1 ¼ cups), reserving stems for different use.
- Stir in sea salt, black mustard seeds, chickpea flour, and ¼ cup filtered water.
- Allow batter to rest for 5 minutes.

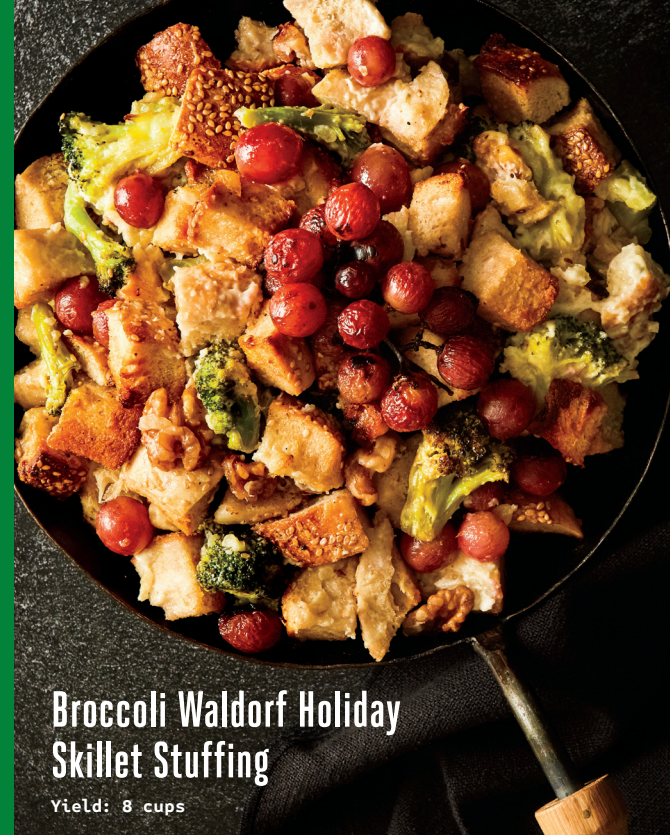
- Preheat large nonstick pan over medium heat. Add 2 tablespoons avocado oil.
- Scoop ¼ cup batter into pan, using a spatula to spread it into a ¼-inch thick latke. Repeat with additional batter, taking care not to overcrowd.
- Cook for 4 minutes per side, on medium-low heat, until golden and cooked through.
- Repeat with remaining batter.
- Slice chives and use to garnish latkes.
- Serve with Caramelized Onion Dip.

TO MAKE CARAMELIZED ONION DIP

- Preheat oven to 450°F.
- Line baking tray with parchment paper.
- Cut onion in half. Slice thinly (approximately 1½ cups) and place on lined tray.
- Toss with avocado oil, maple syrup, apple cider vinegar and sea salt, and spread to evenly distribute.
- Bake for 10 minutes.
- Cool and stir into coconut yogurt.
- Serve chilled with Broccoli Leek Latkes.

GOOD TO KNOW

- **Chickpea flour is such an effective binder that is affordable, adds protein and eliminates the need for refined starches. It also has a nice nutty flavor and adds a slight golden hue to the finished product.**
- **Massaging the leeks with salt softens them without having to precook them before forming the latkes.**
- **Roasting sliced onions with maple syrup and salt is quicker than caramelizing on the stovetop.**



Broccoli Waldorf Holiday Skillet Stuffing

Yield: 8 cups

GATHER

- 3 sesame bagels
- 1 cup chopped walnuts
- 4 garlic cloves
- 2 cups apple sauce
- ¾ cup vegan mayonnaise, more to grease pan (recommend Vegenaïse)
- 2 teaspoons sea salt
- 1 16-ounce bag frozen broccoli
- 2 cups seedless purple grapes

MAKE IT

- Preheat oven to 350°F.
- Use serrated knife to cut bagels into cubes (approximately 6 cups).
- Spread onto baking tray along with chopped walnuts. Toast for 10 minutes, or until golden.
- Mince garlic (or pass through a garlic press) and add to large bowl.
- Stir in apple sauce, vegan mayo, and sea salt.
- Place frozen broccoli in strainer and run under cold water for 20 minutes to partially defrost. Tear larger florets in half. Gently squeeze out excess moisture.
- Gently fold partially frozen broccoli, purple grapes, toasted cubed bagels and walnuts into mayonnaise mixture.
- Lightly grease medium ovenproof skillet with mayonnaise.
- Spread mixture into skillet and bake for 40 minutes, or until golden and crispy. Note: Spread mixture into larger dish for a crispier and more caramelized stuffing.

PRO TIP Experiment with different types of bagels—they all make a hearty stuffing that has nice texture.

STICKY ORANGE BROCCOLI-STEM LO MEIN

Makes 8 cups

GATHER

FOR STICKY ORANGE SAUCE

- 4 oranges
- 1-inch ginger piece
- 3 garlic cloves
- 2 tablespoons maple syrup
- ¼ teaspoon red chili flakes, more for garnish
- 2 teaspoons corn starch
- 1 teaspoon sea salt

FOR LO MEIN

- 1 bunch broccoli (approximately 1½ pounds)
- 3 tablespoons sea salt
- 1 (8-ounce) package soba noodles
- 2 tablespoons hot sesame oil

FOR BROCCOLI STEM BATTER

- 1 tablespoon vegan mayonnaise (we love Vegenaïse)
- 2 tablespoons corn starch

FOR SERVING

- 3 scallions
- 1 tablespoon sesame seeds

MAKE IT

TO MAKE STICKY ORANGE SAUCE

- Juice oranges (approximately ¾ cup) and add to blender.
- Peel ginger and cut into chunks (approximately 2 tablespoons). Slice garlic.
- Add cut ginger, garlic, maple syrup, red chili flakes, corn starch, and sea salt to blender. Process until smooth.
- Transfer mixture to a pan and bring to a simmer. Cook for 2 minutes or until thickened. Keep mixture in pan to toss in broccoli stems before serving.

TO MAKE LO MEIN

- Cut broccoli crown into small florets (approximately 4 cups).
- Peel tough outer peel of broccoli stem. Cut into ½-inch medallions (approximately 2 cups).
- Bring medium pot of water to boil. Add salt.
- Add soba noodles to boiling water and stir to create vortex to help prevent sticking. Cook for 3 minutes, or

according to package instructions. While still al dente, add broccoli and cook for 1 more minute.

- Drain in strainer, return to pot, and toss thoroughly in hot sesame oil.

TO MAKE BROCCOLI STEM

- Preheat air fryer to 375°F for 5 minutes (or preheat oven to 375°F).
- Toss broccoli stem medallions in mayonnaise. Coat with corn starch.
- Arrange in single layer inside air fryer. Bake for 10 minutes. (If using the oven, line a baking tray with parchment paper and bake for 15-20 minutes, or until golden, flipping once halfway.)
- Add cooked stems to pan with sauce, and reduce to medium heat for 1 minute, or until viscous and sticky.
- Toss crispy broccoli stems in orange sauce and serve atop Lo Mein.

TO SERVE

- Slice scallions and use to garnish along with sesame seeds and extra chili flakes.





Masala-Spiced Broccoli Hash Browns with Ginger-Coconut Chutney

Makes 5 Hash Browns; 1 cup Chutney

GATHER

FOR GINGER-COCONUT CHUTNEY

¼ cup shredded unsweetened coconut flakes
1 jalapeno, or to taste
1-inch piece ginger
½ teaspoon sea salt
1 cup plain coconut yogurt

FOR HASH BROWNS

2 cups frozen broccoli (approximately 8 ounces)

1 yellow plantain (approximately 1 pound)
3 garlic cloves
1 tablespoon garam masala
1 teaspoon sea salt
¼ cup avocado oil
1 small bunch mint leaves

MAKE IT

TO MAKE GINGER-COCONUT CHUTNEY

• Add coconut flakes to pan and toast for 1 to 2 minutes over medium

heat, stirring frequently.

- Finely chop jalapeno (approximately ¼ cup) and place in medium bowl.
- Peel and grate ginger (approximately 1½ teaspoons).
- Fold grated ginger, toasted coconut, sea salt, and coconut yogurt with chopped jalapeno.
- Serve chutney chilled with Masala-Spiced Broccoli Hash Browns.

GOOD TO KNOW

- ✦ Grated plantains make a super-effective binder that crisp effortlessly. Use them in place of refined starches.
- ✦ Adding jalapeno, ginger, and shredded coconut to your chutney adds a punch of flavor and texture.
- ✦ The hash browns reheat well in an air fryer. Make the batter the night before and have ready to crisp up for breakfast.

TO MAKE HASH BROWNS

- Place broccoli in a strainer. Run under cold water for 30 seconds or until defrosted.
- Squeeze out excess water. Transfer to cutting board and chop into small pieces. Squeeze out moisture one additional time.
- Peel and grate plantain (approximately 1¼ cups).
- Mince garlic (or pass through a garlic press).
- In a medium bowl, fold together chopped broccoli, grated plantains, minced garlic, garam masala, and sea salt.
- Preheat large nonstick pan over medium heat for 30 seconds. Add 2 tablespoons oil. Scoop ½ cup batter into hands to form a rough circle and place in pan. Flatten with spatula to form hash brown. Repeat process with more batter, taking care not to overcrowd pan.
- Cook for 4 minutes per side, or until golden and cooked through.
- Repeat with remaining hash browns and serve warm with Ginger-Coconut Chutney.
- Garnish with torn mint leaves.

SAVORY BROCCOLI & CHEESY POLENTA SKILLET SPOONBREAD

Makes 8 cups

GATHER

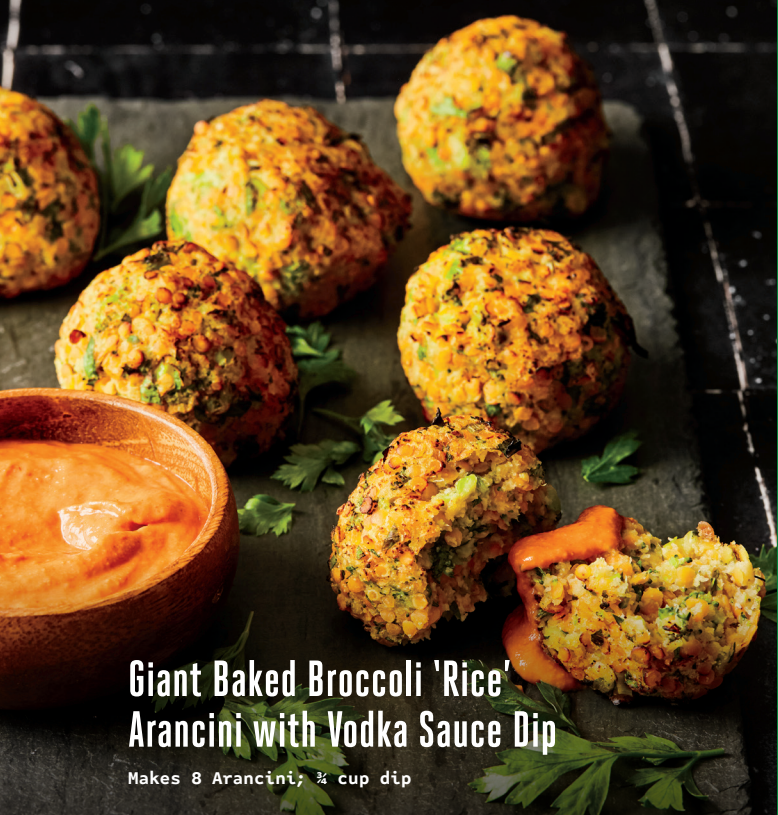
2 (13.5-ounce) cans coconut milk
1½ cups yellow cornmeal (we love the Bob's Red Mill brand)
1 cup oat flour
¼ cup nutritional yeast
2 teaspoons sea salt
1 tablespoon garlic powder
2 teaspoons baking powder
1 medium sweet potato (approximately 12 ounces)
3 tablespoons miso paste
2 cups frozen broccoli florets

MAKE IT

- Preheat oven to 375°F.
- Place coconut milk, cornmeal, oat flour, nutritional yeast, sea salt, garlic powder, and baking powder in a blender. Process until smooth.
- Peel and grate sweet potato using large holes on a box grater (approximately 3 cups). Massage grated sweet potato with miso paste.
- Fold in sweet potato mixture to blended batter.
- Grease ovenproof skillet with a small amount of oil.
- Pour in spoonbread mixture.
- Arrange frozen florets on top of mixture, leaving space in between each one.
- Place skillet on baking tray and transfer to oven.
- Bake for 50 minutes, or until set and a toothpick comes out clean. Note: A larger skillet can be used to reduce cooking time.

GOOD TO KNOW

- ✦ Oat flour binds the spoonbread mixture without eggs or flax.
- ✦ Grating sweet potato and adding it to the batter adds moisture but also can act to mimic the texture and appearance of grated cheddar cheese.
- ✦ Coconut milk can be an effective alternative to milk and butter because of its natural fat content and liquid nature.



Giant Baked Broccoli 'Rice' Arancini with Vodka Sauce Dip

Makes 8 Arancini; ¼ cup dip

GATHER

FOR VODKA SAUCE DIP

- 2 garlic cloves
- ½ cup tomato paste
- ¼ cup cashew butter
- 2 teaspoons vodka
- 1 tablespoon maple syrup
- 1½ teaspoons sea salt

FOR BROCCOLI 'RICE' ARANCINI

- 1 cup red lentils
- 1 bunch scallions (approximately 4 ounces)
- 1 (16-ounce) bag frozen broccoli
- 1 lemon
- ¼ cup olive oil
- 2 tablespoons miso paste
- 1 teaspoon sea salt
- 3 tablespoons nutritional yeast
- 1 cup plain breadcrumbs
- 1 small bunch parsley

MAKE IT

TO MAKE VODKA SAUCE DIP

- Peel and roughly chop garlic.
- Add tomato paste, cashew butter, garlic, vodka, maple syrup, sea salt and ½ cup filtered water to a blender.
- Process until smooth.

TO MAKE BROCCOLI 'RICE' ARANCINI

- Rinse red lentils in strainer.

Add to small pan, cover with water and simmer for 10 minutes. Strain well, and add to a medium bowl.

- Slice scallions (approximately 1 cup) and stir into hot lentils.
- Rinse broccoli in strainer with cold water for 30 seconds or until defrosted.
- Squeeze out excess moisture. Transfer to cutting board, chop into small pieces.
- Squeeze one additional time and stir into lentil mixture.
- Zest (approximately 1 teaspoon) and juice lemon (approximately 2 tablespoons).
- Stir sliced scallions, lemon zest, lemon juice, miso paste, sea salt, nutritional yeast, and bread crumbs into broccoli-lentil mixture until well combined.
- Lightly grease air fryer insert; preheat air fryer to 400°F for five minutes (alternatively bake arancini in oven). Scoop arancini batter using a ½ cup measure and roll into balls.
- Arrange in a single layer in air fryer and bake for 10 to 15 minutes, or until golden.
- Chop parsley leaves to use as a garnish. Serve warm with vodka sauce dip.



Peanut Balsamic Broccoli & Tofu Sheet Pan Dinner

Makes 8 cups

GATHER

FOR MARINADE

- 3-inch piece ginger
- ½ cup balsamic vinegar
- ¼ cup creamy peanut butter
- 4 garlic cloves
- 3 tablespoons shoyu (we love the Eden Foods brand)
- ¼ cup maple syrup
- ½ teaspoon sea salt

FOR TOFU SHEET PAN

- 2 blocks firm tofu
- 1 bunch broccoli (approximately 1½ pounds)
- 1 medium red onion

FOR CRISPY RICE NOODLE NEST

- 2 cups ramen noodles
- ½ cup avocado oil
- 2 teaspoons shichimi togarashi (or chili spice mixture of choice)

MAKE IT

TO MAKE MARINADE

- Peel ginger and roughly chop (approximately ½ cup).
- Add ginger, balsamic vinegar, peanut butter, garlic cloves, shoyu, maple syrup, sea salt and ½ cup filtered water to blender.
- Process until smooth.

TO MAKE TOFU SHEET PAN

- Place baking tray in oven and preheat oven to 450°F.
- Drain and press tofu while cutting vegetables.
- Trim broccoli into small florets.
- Peel tough outer peel of broccoli stem. Cut stem into ½-inch rounds.
- Cut red onion into wedges.

- Cut tofu into cubes.
- Toss cut tofu, broccoli, and red onion in marinade.
- Line hot tray with parchment paper and spread out marinated mixture.
- Bake for 30 minutes, stirring every 10 minutes.

TO MAKE CRISPY RICE NOODLE NEST

- Cook noodles according to package instructions.
- Divide noodles into 4 nests and pat dry.
- Preheat nonstick pan over medium heat for 20 seconds.
- Drizzle 2 tablespoons avocado oil and arrange nest inside pan.
- Cook for 2 minutes or until golden and use spatula to flip. Cook for additional minute, or until cooked through. Repeat in batches with remaining noodles.

TO SERVE

- Place sheet pan mixture on plate and top with crispy noodle nest.
- Sprinkle with shichimi togarashi.

GOOD TO KNOW

✦ It's important to peel and remove the tough outer core of a broccoli stem for optimal results.

✦ Since balsamic vinegar is made from grapes, it naturally makes a great pairing with peanut butter (think grape jelly, but savory).

✦ Crispy noodle nests are a great way to use leftover noodles. The cold starch will help crisp up the exterior.