What’s Fresh:
Broccoli Rabe

It’s naturally good!
♦ Low in fat and calories
♦ Excellent Source of Vitamins C & K
♦ Contains calcium & fiber
♦ 1 cup = 1 serving of veggies

Storage Tips:
Do not wash until ready to eat.
To keep fresh, store in an unsealed plastic bag in the refrigerator.
Use within 3-5 days.

What is Broccoli Rabe?
A cousin of broccoli, this unique veggie has edible stems like asparagus, leaves like turnip greens and small, broccoli-like florets. Cook it to mellow its bitterness & bring out its nutty flavor.

Preparation Tips:
♦ Wash just before using: submerge in water to remove dirt, then rinse & pat dry.
♦ Trim off the very end of the stem and discard.
♦ Broccoli rabe can be cooked & eaten whole.
♦ If desired, cut before cooking. Separate the stems from the leaves. Chop them into 2-inch bite-size pieces. The stems take longer to cook.

Ways to eat broccoli rabe:
♦ Add it to omelets, scrambled eggs & frittatas. It pairs great with eggs.
♦ Add to pastas or on top of pizza. Broccoli rabe is a classic Italian staple.
♦ Add to mac & cheese or on a grilled cheese sandwich.

♦ Steam it. Stove top: In a pot with a steamer tray, bring a few inches of water to a boil. Add broccoli rabe and cover; steam for 2-4 minutes (cut up) 5-7 (if whole) or until bright and tender. Season with salt & pepper. Microwave: Place cut broccoli rabe in a microwave safe dish with 1/4 cup of water. Cover and microwave on high for 3-5 minutes, or until bright and tender. Stir once halfway through. Season to taste with salt, pepper, herbs & spices.

♦ Sauté it. Heat 2 Tablespoons of oil in a skillet over medium-low heat. Add whole broccoli rabe and stir to coat with oil. Cook, stirring occasionally for 5-7 minutes or until the stems are slightly tender & bright. If using cut broccoli rabe, add the stems first, then the leaves a few minutes later. Season with salt and pepper. For extra flavor, add minced garlic and red pepper flakes.

♦ Roast it. Preheat the oven to 425°F. Toss whole broccoli rabe with a few tablespoons of oil, salt, red pepper flakes and minced garlic or garlic powder. Spread on a baking sheet in a single layer. Roast for 10-15 minutes, rotating halfway through. It is done when the stems are tender and the leaves are crispy.

See more recipes on the back.
**Make it a meal!**

**RECIPES**

### Broccoli Rabe & White Bean Pasta

**Ingredients:**
- 8 oz. whole wheat pasta
- 1/3 cup chicken stock, vegetable broth or water
- 2 Tablespoons oil
- 1 (15-oz.) can white beans, drained & rinsed
- 2-4 garlic cloves, minced (or 1/2 tsp garlic powder)
- 1 bunch broccoli rabe, trimmed & chopped
- 1/2 cup parmesan cheese (optional)
- Salt & pepper to taste

**Directions:**
1. Bring a large pot of salted water to a boil. Cook pasta according to package instructions.
2. Trim and discard any tough stems from the broccoli rabe. Cut the broccoli rabe into 1 1/2-inch pieces.
3. Heat oil in a large skillet over medium heat. Add the garlic and cook, stirring frequently, 1-2 minutes. Add broccoli rabe, broth/stock/water and red pepper flakes; cook, stirring occasionally, for 3-5 minutes until some of the liquid has evaporated. Add the beans and cook, stirring occasionally, until the broccoli rabe is tender and beans are heated through.
4. Add the cooked pasta to the mixture. Add salt and pepper to taste. Top with parmesan cheese, if using.

### Broccoli Rabe with Asian Noodles

**Ingredients:**
- 12 oz. whole wheat spaghetti
- 1/2 cup warm water
- 2 Tablespoons oil
- 1/4 cup low sodium soy sauce
- 1 tablespoon vinegar
- 4 teaspoons sugar
- 2 cloves garlic, minced (or 1/2 tsp garlic powder)
- 1 teaspoon red pepper flakes (optional)

**Directions:**
1. Bring a large pot of salted water to a boil. Cook pasta according to package instructions.
2. Trim and discard any tough stems from the broccoli rabe. Cut the broccoli rabe into 1 1/2-inch pieces.
3. In a medium bowl, combine peanut butter and warm water. Stir into a smooth, thin sauce.
4. Add soy sauce, vinegar, and sugar. Mix until sugar dissolves. If using, stir in red pepper flakes.
5. Pour peanut sauce and broccoli rabe over cooked, drained pasta. Toss to combine. Serve warm or cold.

### Sauteed Broccoli Rabe with Tomatoes

**Ingredients:**
- 1 bunch broccoli rabe
- 1/4 teaspoon red pepper flakes
- 2 Tablespoons oil
- 2 large tomatoes, diced
- 2 cloves garlic, minced (or 1/2 tsp garlic powder)
- Salt and pepper to taste

**Directions:**
1. In a large pot of boiling water, blanch broccoli rabe for 1 minute. Drain, but reserve 1/4 cup of the liquid.
2. Heat oil in a large skillet over medium-high heat. Add the rabe, tomatoes, garlic, and red pepper flakes. Add the reserved liquid. Cook, stirring frequently, for 2-3 minutes or until stems are tender.