



Broccoli Recipes: The Ultimate Guide

Kimberly Hansan

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*** The Ultimate Broccoli Guide ***

For years, parents have been right: Eating your broccoli is a good idea. This hearty, tasty vegetable is rich in dozens of nutrients. In fact, it packs the most nutritional punch of any vegetable. We have gathered the most sought after and best selling broccoli recipes. Enjoy!

- Did You Know -

Broccoli contains sulforaphane, an isothiocyanate and powerful anticancer substance.

Broccoli contains fiber, flavonoids, indoles, vitamins and minerals that may also play a role in disease prevention.

Broccoli is low in calories, fat free and contains no cholesterol.

Broccoli provides two antioxidants that are important for eye health.

Take a peak at a few of the recipes you can find inside!

Broccoli Casserole

Broccoli Polonaise

Broccoli Lasagna

Broccoli Bread

Broccoli Quiche

Broccoli Coleslaw

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Patrick Austin:

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