

Caramelized Broccoli with Garlic

- tablespoons extra-virgin olive oil
- heads of broccoli (1 1/4 pounds total), stems peeled and heads halved lengthwise
- 1/2 cup water
- garlic cloves, thinly sliced
- Pinch of crushed red pepper
- Salt and freshly ground black pepper
- 2 tablespoons fresh lemon juice

Raw Broccoli Salad with Cranberries

- 2 small or one large head of broccoli
- 1/4 cup mayo
- 2 tablespoons apple cider vinegar
- 1 tablespoon sugar
- 1/2 teaspoon salt
- 1/2 teaspoon pepper
- 2 tablespoons minced onion (more if you like)
- 1/3 cup dried cranberries
- 1/2 cup toasted nuts(almonds, sunflower, walnut

In a large, deep skillet, heat 2 tablespoons of the olive oil. Add the broccoli, cut side down, cover and cook over moderate heat until richly browned on the bottom, about 8 minutes. Add the water, cover and cook until the broccoli is just tender and the water has evaporated, about 7 minutes. Add the remaining 1 tablespoon of olive oil along with the garlic and the crushed red pepper and cook uncovered until the garlic is golden brown, about 3 minutes. Season the broccoli with salt and black pepper, drizzle with the lemon juice and serve.

- Put minced onion in small bowl of cold water to take away some of the bite.
- Wash and prepare broccoli into small bite-sized florets. If using whole broccoli, peel large stem, cut thin slices on the diagonal then cut slices into small matchsticks. Put broccoli in large mixing bowl.
- In a small bowl, mix yogurt, mayo, vinegar, sugar, salt and pepper. Add to broccoli along with onions and mix.
- Add cranberries and toasted almonds. Mix and refrigerate until ready to serve. Make a day ahead if you like. Leftovers also keep well for several days in refrigerator.

Broccoli Cheddar Soup

- 4 cups cubed peeled baking potato
- 1/2 teaspoon salt, divided
- 3 tablespoons unsalted butter
- 1 cup chopped onion
- 1/3 cup chopped carrot
- 1 garlic clove, minced
- 5 cups chopped fresh broccoli florets, divided
- 3 cups lower-sodium chicken broth
- 2 cups plus 2 tablespoons water, divided
- 2 cups milk
- 1 cup sharp cheddar cheese, shredded

- Place potato and 1/4 teaspoon salt in a saucepan; cover with water. Bring to a boil. Reduce heat, and simmer 10 minutes or until tender; drain.
- While potatoes cook, melt butter in a large Dutch oven over medium heat. Sauté onion, carrot, and garlic 5 minutes or until tender. Add broccoli, broth, water, and 1/4 teaspoon salt; bring to a simmer, and cook 10 minutes or until broccoli is tender. Stir in potatoes.
- Process mixture in Dutch oven with a hand-held immersion blender. Feel free to only blend it most of the way to leave some texture. Add milk and cheese; cook over low heat 2 minutes, stirring until cheese melts and soup is smooth. Ladle soup into individual bowls.

Roasted Broccoli

- Head of broccoli
- Olive oil
- Salt and pepper

Preheat oven to 400°F. Remove broccoli florets from the stalk and rinse in cool water, pat dry. Toss with olive oil, salt, and pepper and spread broccoli out on a cookie sheet. Put in oven and roast for 10 minutes stirring occasionally. Enjoy!

Broccoli Tots

- 1 bunch of broccoli chopped (around 3-4 cups)
- 1 cup sharp cheddar cheese, shredded
- 1/3 cup onion, finely chopped
- 1/2 cup breadcrumbs
- 2 eggs
- salt and pepper

Roasted Broccoli with Lemon and Garlic

- large bunches of broccoli
- 6 Tbsp. Olive oil
- 1 1/2 tsp salt
- 1/2 tsp fresh ground pepper
- 4 Garlic cloves
- 1 Lemon
- 1/3 cup freshly grated Parmesan cheese

Quick Lemon Broccoli Pasta Skillet

- 3 quarts water
- 1 tablespoon salt
- 1 and 1/2 to 2 pounds fresh broccoli
- 1 pound rotini pasta
- 3-4 cups spinach
- 4 tablespoons butter
- 1 large lemon, zested and juiced
- 2 cloves garlic, crushed and minced
- 1/4 or 1/2 teaspoon crushed red pepper
- 1 cup fresh Parmesan, plus more to garnish
- olive oil, to garnish
- salt and pepper to taste
- fresh lemon wedges, to garnish

Preheat your oven to 400 degrees.

Pour 1 inch of water into a saucepan; bring to a boil. Place the broccoli into the boiling water, cover, and reduce the heat to medium. Cook the broccoli for 5-6 minutes, or until it can easily be pierced by a fork. Drain and set aside.

Squeeze dry Broccoli thoroughly with paper towel. Finely chop the broccoli.

In a large bowl, combine all of the ingredients and season with salt and pepper. Stir everything together until well mixed. Fill each muffin cup in a mini muffin tin to the top, pushing down on the filling with your spoon so it's nice and compacted.

Bake for 18-20 minutes in preheated oven. The top will be starting to golden. To easily remove from the pan (without scratching it to death), run a plastic knife around the edges of each tot and they should come out easier.

Wash and thoroughly dry the broccoli. Preheat oven to 425, toss chopped broccoli and sliced garlic in olive oil. Season with salt and pepper. Roast for 20-25 minutes until edges begin to brown. Remove from oven and sprinkle with lemon zest and juice. Toss with grated parmesan and serve.

In a large skillet or pot, bring the salt and water to a boil.

While you wait, prep your broccoli by trimming the stems and cutting the florets into similar sized pieces.

Add the rotini and boil on high for 4 minutes. Add the broccoli, cover, and set a timer for 3 minutes (Leave the burner on high enough to keep a rolling boil). When the timer goes off, turn off the heat and drain the pasta using a lid or colander. Return to the pan and stir in the spinach. Sprinkle with lemon zest. Let it sit for a few minutes so the spinach wilts.

Meanwhile, in a small skillet melt the 4 tablespoons butter over medium heat. Add the minced garlic and crushed red pepper and sauté for about 1 minute, until fragrant. Turn off the heat and add 2-3 tablespoons fresh lemon juice. Add the lemon butter to the pasta and stir. Stir in 1 cup fresh parmesan cheese. Add a drizzle of olive oil and season with salt and pepper to taste.

