

# Broccoli

## Ham, Broccoli & Sweet Potato frittata

1c ham chopped  
1c broccoli chopped  
1c sweet potato shredded  
1/2c onion diced  
1 garlic clove minced  
6 eggs whisked  
1/3c coconut milk  
2tsp parsley  
Pinch red pepper flake  
Salt n' pepper  
2tsp coconut oil

Preheat oven to 375 degrees, in a skillet, sauté onion in coconut oil for 3-4 min. add garlic & cook for 1 more min. Add broccoli & cook for about 5 min. add the ham. In a separate bowl whisk the eggs & add the coconut milk, shredded potato & red pepper flake. Pour mixture over the skillet mixture, one quick stir, & sprinkle the parsley on top. Continue to cook on stove top 1-2 minutes. Transfer to the oven. Bake for 15 minutes. Transfer to a serving plate.

## Vegetable Stir Fry

2TBS olive oil  
1 medium onion sliced thinly  
2 garlic cloves minced  
2c broccoli florets chopped  
2c cauliflower florets chopped  
1 medium carrot sliced into long strips  
5 fresh shiitake mushrooms destemmed & diced  
1 large bok choy chopped  
2TBS + 1tsp soy sauce  
2TBS cornstarch  
1TBS white cooking wine  
1tsp sesame oil  
1tsp apple cider vinegar  
1tsp tahini paste  
1tsp molasses  
1/8tsp ginger powder  
Pinch of red pepper flakes  
Salt and pepper

Caramelize the onions in the olive oil; add the garlic after a couple of minutes over medium heat. Add broccoli, cauliflower, carrot, & shiitake mushrooms. Cook for about 5 minutes, stirring constantly. Add the remaining ingredients, except bok choy to a bowl; stir until everything is mixed evenly. After 5 minutes of cooking the vegetables add the bok choy, the sauce mix and stir, cooking for a final 8-10 minutes, always stirring so the bottom doesn't burn. Place over a bed of rice if desired.

## Broccoli Cheddar Soup

2TBS butter

1c broccoli florets chopped  
1c cauliflower florets chopped  
1c carrot diced  
1c celery diced  
½ tsp salt for sweating the vegetables  
3TBS flour  
1qt chicken broth  
1TBS garlic minced  
1 bay leaf  
1c heavy cream  
2c Fontina cheese shredded  
1tsp Marsala wine  
1tsp Worcestershire sauce  
1/2tsp hot sauce  
Salt and pepper

Melt butter in a large soup pot over medium heat. Add broccoli, cauliflower, onion, carrot, celery, & salt. Sweat for 5-10 minutes, stirring occasionally. Sift the flour over the vegetables & cook, stirring constantly for 2-3 minutes. Gradually add the chicken stock & bring to a boil, stirring constantly. Reduce heat to low, add the garlic & bay leaf. Cover & simmer for 30 minutes. Remove the bay leaf. Turn off the heat, add heavy cream. Add soup to a blender, blend until smooth. Place soup back into the soup pot. Gradually add the cheese, 1 handful at a time, & stir until melted before adding the next handful. Stir in the Marsala, Worcestershire sauce, hot sauce, salt & pepper. Taste, adjust if needed.

**Broccoli with Asian Style Dressing** \* Farmer John's Cookbook

1 medium head broccoli  
1/2 cup rice wine vinegar  
3 tablespoons peanut oil  
2 tablespoons soy sauce  
1 teaspoon grated fresh ginger  
1/2 teaspoon minced garlic  
1/2 teaspoon toasted sesame oil  
1/2 teaspoon hot chili oil

Separate the florets from the stalk; break into smaller florets. Cut the stalk into 1-inch lengths and then into matchstick-size strips. Place the broccoli in a steamer basket set over 1 1/2 inches boiling water and cover. Steam for 5 minutes. Transfer the broccoli to a bowl. Combine the remaining ingredients in a small bowl; stir until well combined. Pour the dressing over the broccoli and mix well.