Broccoli grows extremely well in all of Alaska. However, in order for this plant to mature, it is usually grown from transplants.

Root maggots may bother the roots of the plant, but the flowering broccoli head is not usually affected by insects. Some fresh broccoli recipes recommend soaking broccoli florets in salt water to remove insects; this is not necessary in Alaska as the insects common in other parts of the United States do not affect Alaska-grown broccoli.

Freezing Broccoli

The food preservation method that yields the best results for broccoli is freezing. Split stalks lengthwise so that florets are no more than 1½ inches across. Blanch in boiling water for 3 minutes or steam blanch for 5 minutes. Cool promptly in cold water and drain. Pack broccoli into freezer containers, leaving no headspace. Seal and freeze. Broccoli will keep for 8 to 12 months in the freezer.

Broccoli Puff

Sally Burris

1 10-ounce package frozen broccoli
1 10¾-ounce can cream of mushroom soup
¼ cup mayonnaise
2 ounces mild cheddar cheese, shredded
1 egg, slightly beaten

Cook broccoli until just done; drain and place in a baking dish. Mix the soup, cheese, mayonnaise and egg. Pour over broccoli. Bake at 350°F for 45 minutes. Serves 4.

Try the following version for fewer calories and less fat, saturated fat and cholesterol.

Broccoli Puff

1 10-ounce package frozen broccoli
1 10¾-ounce can cream of mushroom soup
¼ cup low-calorie mayonnaise
2 ounces mild cheddar cheese, shredded
2 egg whites, slightly beaten

Follow same directions as above.

Per serving: calories, 198; fat, 14 g; saturated fat, 4 g; cholesterol, 21 mg; sodium, 706 mg; vitamin A, 179 RE; vitamin C, 29 mg; calcium, 157 mg; dietary fiber, 3 g.
**Green Soup**  
*Marlene Bach*

- **¼ cup diced green pepper**
- **2 cups broccoli**
- **¼ cup chopped onion**
- **1 tablespoon butter**
- **1 cup evaporated milk**
- **½ cup buttermilk**
- **½ teaspoon curry powder**
- **salt to taste**

Simmer the diced green pepper, broccoli and chopped onion for 20 minutes in 1½ cups water. Next, mix these vegetables well in the blender until they are pureed. Place in a soup pot and add the butter, evaporated milk, salt, buttermilk and curry powder. Heat through and serve. This is also delicious served cold with lemon. Serves 4.

*Per serving: calories, 154; fat, 8 g; saturated fat, 5 g; cholesterol, 27 mg; sodium, 146 mg; vitamin A, 228 RE; vitamin C, 56 mg; calcium, 243 mg; dietary fiber, 3.5 g.*

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**Spiced Broccoli**  
*Marge Haggland*

- **3 pounds broccoli, in bunches**
- **¼ teaspoon salt**
- **¼ teaspoon black pepper**
- **1½ tablespoons butter or margarine**
- **¾ teaspoon nutmeg**
- **1 teaspoon lemon juice**
- **¼ cup chopped pecans**

Wash broccoli and cook in boiling water. Drain and put through a sieve or food mill, or chop very fine. Add the pepper, butter, nutmeg and lemon juice, or season to individual taste. Place in a serving dish and garnish with pecans. Serves 6.

*Per serving: calories, 120; fat, 68 g; saturated fat, 2 g; cholesterol, 8 mg; sodium, 261 mg; vitamin A, 456 RE; vitamin C, 91 mg; calcium, 120 mg; dietary fiber, 9 g.*

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**Italian Style Broccoli**  
*Marge Haggland*

Wash and drain broccoli. Remove and discard the large, coarse leaves and cut off the tough lower part of the stems. Tie in a bunch with string. Stand stalks upright in a deep kettle and add 1 inch boiling water. Cover and cook about 15 minutes. When done, drain and remove string. Dress with melted butter and lemon juice. Dust with Parmesan cheese. 1½ pounds broccoli yields about 4 servings.

*Per serving: calories, 60; fat, 2 g; saturated fat, 1 g; cholesterol, 3 mg; sodium, 65 mg; vitamin A, 239 RE; vitamin C, 128 mg; calcium, 86 mg; dietary fiber, 4.5 g.*

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**Broccoli Cauliflower Medley**

1. **1 beef bouillon cube**
2. **½ cup boiling water**
3. **2 cups broccoli florets, small**
4. **½ cup boiling water**
5. **1 tablespoon lemon juice**
6. **½ teaspoon dill weed, dry**
7. **½ teaspoon salt (optional)**
8. **2 cups cauliflowerets, small**


*Per serving: calories, 19; fat, 01 g; saturated fat, 0 g; cholesterol, 0 mg; sodium, 159 mg; vitamin A, 117 RE; vitamin C, 26 mg; calcium, 34 mg; dietary fiber, 2.5 g.*

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**Broccoli Casserole**  
*Ruth Van Veldhuizen*

1. **2 10-ounce packages frozen broccoli, cooked and drained**
2. **½ cup mayonnaise**
3. **1 tablespoon lemon juice**
4. **¾ cup grated cheddar cheese**
5. **1 2-ounce jar chopped pimento**
6. **1 cup round snack crackers, crushed**
7. **¼ cup nuts**

Arrange the cooked broccoli in a 2-quart baking dish. Mix together the mayonnaise, lemon juice, cheddar cheese and pimento; pour over broccoli.
Sprinkle the crushed crackers and nuts over the top. Bake for 20 minutes at 350°F. Serves 8.

Try the following version for lower calories, fat, saturated fat, cholesterol and sodium.

**Broccoli Casserole**

2 10-ounce packages frozen broccoli, cooked and drained
½ cup low-calorie mayonnaise
1 tablespoon lemon juice
¾ cup grated cheddar cheese
1 2-ounce jar chopped pimento
1 cup whole wheat snack crackers, crushed, or whole wheat bread crumbs
¼ cup nuts

Follow same directions as above.

Per serving: calories, 132; fat, 9 g; saturated fat, 3 g; cholesterol, 13 mg; sodium, 158 mg; vitamin A, 207 RE; vitamin C, 36 mg; calcium, 120 mg; dietary fiber, 3.5 g.

**Chicken Imperial**

LaRee Wilton

2 10-ounce packages frozen broccoli, cooked and drained
2 cups cut-up cooked chicken
1 10½-ounce can cream of mushroom soup
½ cup evaporated milk
¾ cup grated cheddar or mild cheddar cheese
pepper
minced onion
seasoned salt
paprika

Follow same directions as above.

Per serving: calories, 294; fat, 13 g; saturated fat, 6 g; cholesterol, 88 mg; sodium, 577 mg; vitamin A, 249 RE; vitamin C, 39 mg; calcium, 246 mg; dietary fiber, 4 g.

**Broccoli Rice Casserole**

Adapted from a recipe by Judy Lane

½ cup chopped onion
½ cup chopped celery
1 cup cooked brown rice
1 10-ounce package frozen chopped broccoli, cooked and drained
5 ounces (½ can) cream of mushroom soup
5 ounces (½ can) cream of chicken soup
1 cup grated cheddar cheese


Per serving: calories, 125; fat, 7 g; saturated fat, 4 g; cholesterol, 16 mg; sodium, 319 mg; vitamin A, 117 RE; vitamin C, 16 mg; calcium, 134 mg; dietary fiber, 2 g.
**Chinese Broccoli**  
*LaRee Wilton*

1½ pounds broccoli  
¼ cup butter or margarine  
¼ cup water  
1 tablespoon soy sauce  
1 cup thinly sliced celery  
1 5-ounce can water chestnuts, drained and sliced (optional)  
1 tablespoon sesame seeds

Trim outer leaves and tough ends from broccoli. Cut stalks and florets into 2-inch lengths, then slice thin lengthwise. Combine butter or margarine, water and soy sauce in a large frying pan; heat to boiling. Stir in broccoli, celery and water chestnuts. Heat to boiling again. Cover and steam 5 to 10 minutes or just until broccoli is crispy tender. While broccoli cooks, heat sesame seeds in a small, heavy frying pan over low heat, just until lightly toasted, shaking pan constantly; stir into broccoli mixture. Spoon into a heated serving bowl. Serve with additional soy sauce for sprinkling over the top. Serves 4.

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Try the following version for lower calories, fat, saturated fat, cholesterol and sodium.

**Chinese Broccoli**

1½ pounds broccoli  
1 tablespoon olive oil  
¼ cup water  
1 tablespoon soy sauce  
1 cup thinly sliced celery  
1 5-ounce can water chestnuts, drained and sliced (optional)  
1 tablespoon sesame seeds

Follow same directions as above.

*Per serving: calories, 114; fat, 5 g; saturated fat, 0.5 g; cholesterol, 0 mg; sodium, 328 mg; vitamin A, 326 RE; vitamin C, 71 mg; calcium, 104 mg; dietary fiber, 7 g.*

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**Blender Broccoli Soup**  
*Marlene Bach*

1 10-ounce package frozen, chopped broccoli  
1½ cups milk  
1 cup light cream  
1 teaspoon instant minced onion  
2 beef bouillon cubes, reconstituted  
¼ teaspoon salt  
1/8 teaspoon pepper  
1/8 teaspoon ground nutmeg  
1/2 cup sour cream  
1/2 cup snipped parsley or chives

Partially thaw broccoli and break into small chunks. Place in blender container with ½ cup milk. Blend until the broccoli is very fine. Add the remaining milk and the next 6 ingredients. Blend until smooth, 45 to 60 seconds. Chill thoroughly. Serve topped with dollops of sour cream and snipped parsley or chives. Serves 4.

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Try the following version for lower fat, calories and cholesterol.

**Blender Broccoli Soup**

1 10-ounce package frozen, chopped broccoli  
1½ cups 2-percent milk  
½ cup light cream  
1 teaspoon instant minced onion  
2 beef bouillon cubes, reconstituted  
dash pepper  
1/8 teaspoon ground nutmeg  
1/2 cup sour cream  
1/2 cup snipped parsley or chives

Follow same directions as above.

*Per serving: calories, 121; fat, 6 g; saturated fat, 4 g; cholesterol, 18 mg; sodium, 464 mg; vitamin A, 230 RE; vitamin C, 30 mg; calcium, 194 mg; dietary fiber, 3 g.*
**Broccoli Cheese Casserole**  
*Marlene Bach*

2 tablespoons butter  
2 tablespoons flour  
1 3-ounce package softened cream cheese  
1 cup milk  
¼ cup crumbled blue cheese  
2 10-ounce packages frozen chopped broccoli, cooked and drained  

Cracker crumbs

In a saucepan, melt the butter; blend in flour and cheeses. Add milk; cook and stir until mixture boils. Stir in broccoli. Place in a 1-quart casserole. Top with cracker crumbs. Bake at 350°F for 30 minutes. Serves 8.

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**Try the following version for lower calories, fat, saturated fat, cholesterol and sodium.**

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**Broccoli Cheese Casserole**

1 tablespoon butter  
2 tablespoon flour  
1 3-ounce package softened cream cheese  
1 cup 2-percent milk  
¼ cup crumbled blue cheese  
2 10-ounce packages frozen chopped broccoli, cooked and drained  

Cracker crumbs

Follow same directions as above.

*Per serving: calories, 109; fat, 7 g; saturated fat, 4 g; cholesterol, 21 mg; sodium, 138 mg; vitamin A, 221 RE; vitamin C, 29 mg; calcium, 105 mg; dietary fiber, 3 g.*

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**Broccoli and Ham Casserole**

*Sharon Bell*

12 slices bread  
¼ pound sharp cheddar cheese  
1 10-ounce package frozen broccoli, cooked and drained  
2 cups diced ham or luncheon meat  
6 eggs, slightly beaten  
3 cups milk  
2 tablespoons minced onion  
½ teaspoon salt  
¼ teaspoon dry mustard

Cut the center of the bread out with a donut cutter. Reserve holes and donuts. Tear remaining pieces into bite-sized pieces. Place in a greased 13x9-inch pan. Layer cheese, broccoli and ham over bread pieces and top with donuts and holes. Combine remaining ingredients and pour over layers. Cover and refrigerate 6 hours or overnight. Bake uncovered at 325°F for 55 minutes. Serves 12.

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**Try the following version for lower fat, calories, cholesterol and sodium.**

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**Cold Broccoli Mold**

*Jane Windsor*

1 3-ounce package cream cheese  
2 10-ounce packages frozen chopped broccoli  
1 10½-ounce can chicken broth, undiluted  
2 hard cooked eggs, chopped  
1 envelope unflavored gelatin  
1 teaspoon lemon juice  
1 cup mayonnaise  
dash Worcestershire sauce  
 dash tabasco

Try the following version for lower calories, fat, saturated fat and sodium.

**Cold Broccoli Mold**

1. 3-ounce package cream cheese
2. 10-ounce packages frozen chopped broccoli
1. 10-ounce can chicken broth, undiluted
2. hard cooked eggs, chopped
1. envelope unflavored gelatin
1. teaspoon lemon juice
dash Worcestershire sauce
dash tabasco
1. cup light, low-calorie mayonnaise

Follow same directions as above.

Per serving: calories, 170; fat, 14 g; saturated fat, 3 g; cholesterol, 75 mg; sodium, 269 mg; vitamin A, 201 RE; vitamin C, 29 mg; calcium, 54 mg; dietary fiber, 3 g.

**Broccoli Supreme**

Clara Saunders

1. egg, slightly beaten
1. 10-ounce package frozen broccoli, partially thawed
1. 8½-ounce can cream-style corn
1. tablespoon grated onion
¾ teaspoon salt

dash pepper

Follow same directions as above.

Per serving: calories, 152; fat, 8 g; saturated fat, .5 g; cholesterol, 0 mg; sodium, 258 mg; vitamin A, 108 RE; vitamin C, 21 mg; calcium, 41 mg; dietary fiber, 2.5 g.

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