



CULINARY LEARN AND SHARE

Extend your bunch of broccoli

5 easy ways to utilize broccoli for people and pets alike!

Puree into soft foods for babies, seniors, and after dental work/surgery.

Combo broccoli with one or more of the following:

Beef

Brown Rice

Carrots

Cauliflower

Sweet potato

Herbs and spices

Yogurt dip

Cheese

Oven roast broccoli and cauliflower or potato in olive or other cooking oil with minced garlic, salt, pepper, lemon juice whisked into it. Broil for 2-3 minutes at the end for crispy edges.

Make a lovely **stew for your older dog** by cooking down small chunks of beef, chicken or turkey, potato or sweet potato, carrot, frozen peas with ample water.

Freeze your broccoli florets/chunks by blanching them first —bring a pot of water to boil, dump florets into the water for just 1 min—transfer to a colander or a thick cloth towel to drain excess water. Cool off. Transfer pieces into a zipper-type freezer bag right before transferring it to your freezer.

You can extend your soft food or doggie food creations by dividing the leftovers amongst a clean ice cube tray. Freeze and store cubed portions in a zipper-type bag. Defrost as needed.



To learn more and locate food pantries, scan the QR code.



middlesexcountynj.gov/replenish



732.729.0880



replenish@co.middlesex.nj.us