

Broccoli Rabe

Old World Taste For Modern Times

by Elizabeth Pivonka, Ph.D.,
President, Produce for Better
Health Foundation

(NAPSA)—Your grandmother may have called it “rapini,” but you will call it “wonderful.” Wonderful because it tastes great, is



Elizabeth Pivonka

easy to prepare and is packed with vitamins A and C and other nutrients. Once found only at the Italian greengrocer, broccoli rabe is now a regular in many supermarkets across the nation.

Broccoli Rabe (pronounced “rob”) is a beautiful, dark green, leafy vegetable. It has clusters of green flower heads similar to broccoli, but much smaller. Choose bunches with small stems and tightly closed flowers, and get ready for a unique taste experience.

Preparing broccoli rabe is as easy as:

1. Rinse and trim ¼ inch from bottom of stems.

2. Cut stalks crosswise into 2-inch pieces and drop them into salted (optional), boiling water.

3. Cook for 1-2 minutes and remove with slotted spoon.

4. Sauté the blanched broccoli rabe in a little olive oil and as much garlic as you like for 3-5 minutes until tender. Add a few dried red pepper flakes if you like your food on the spicy side.

I like to prepare extra and have it on hand in the fridge for other dishes like:

GREAT PIZZAS

Top a pizza shell with sautéed broccoli rabe and a little fresh mozzarella cheese.

WORLD CLASS SANDWICHES

Pile sautéed broccoli rabe, sliced tomatoes, and thinly sliced ham on crusty bread.

SUPER SALADS

Garnish room temperature, sautéed broccoli rabe with cherry tomatoes and shaved Parmesan cheese.

MARVELOUS MASHED POTATOES

Chop sautéed broccoli rabe into small pieces and stir them into mashed potatoes.

The robust flavor of broccoli rabe adds pleasure to meals and as part of a diet rich in colorful fruits and vegetables can help protect against many forms of cancer, heart disease, diabetes, obesity



and high blood pressure.

There is overwhelming evidence that people who eat 5 or more servings of fruits and vegetables every day reduce their risk for many chronic diseases. 5 A Day can reduce the risk of cancer by 20 percent. Take the 5 A Day Challenge. You can do it. Enjoy the great taste of fruits and vegetables as well as their impressive health benefits.

Penne With Broccoli Rabe

6 quarts boiling, salted (optional) water

1 bunch Andy Boy Broccoli Rabe

¼ cup olive oil

⅓ cup slice kalamata olives

4 large cloves garlic, peeled and sliced

½ teaspoon red pepper flakes

1 pound penne pasta

Prepare broccoli rabe as noted in steps 1, 2 and 3. Reserve water to cook the pasta. Heat a large skillet over medium heat. Add olive oil, olives, garlic and pepper flakes. Cook and stir until garlic is transparent but not brown, about 3 to 5 minutes. Add broccoli rabe and ¼ cup of the reserved water and continue to cook and stir until the broccoli rabe is just tender, another 3 to 5 minutes. Meanwhile, add pasta to reserved boiling water and cook just until tender, about 6 to 8 minutes. Drain. Add pasta to broccoli rabe mixture and toss to mix well.

Serves 5

Nutrients per serving: Calories 479; Protein 15g; Fat 13g; Calories from Fat 25 percent; Carbohydrate 73g; Cholesterol 0mg; Fiber 2g; Sodium 189mg

For more information and recipes go to: www.andyboy.com; www.5aday.com; www.aboutproduce.com